

PUERTO RICAN COMMUNITY CENTER, INC

Monday	Tuesday	Wednesday	Thursday	Friday
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Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free

Week Beginning on March 2, 2020					
Breakfast	CROISSANT, TURKEY SAUSAGE, PEACHES, MILK	FRENCH TOAST STICKS, MANDARINES, MILK	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK	FROSTED FLAKES CEREAL, BLUEBERRIES, MILK	Trip to the Museum
Lunch	EXTRA CHEESE RAVIOLI, CORN, WG BREAD, APPLE SAUCE, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PEARS, MILK	CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, MANGO, WG BREAD, MILK	
P.M. Snack	MOZZARELLA STRING CHEESE, APPLE JUICE	RAISINS, YOGURT, WATER	REDUCED DAY	WG CHEX MIX STRAWBERRY YOGURT, GRAPE JUICE	

Week Beginning on March 9, 2020					
Breakfast	WG BLUEBERRY MUFFIN, MANDARINES, MILK	CROISSANT, TURKEY SAUSAGE, APPLE SLICES, MILK	FRENCH TOAST STICKS, RASPBERRIES, MILK	FROSTED FLAKES CEREAL, BANANA, MILK	WAFFLES WITH SYRUP, STRAWBERRIES, MILK
Lunch	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, PEACHES, MILK	CHICKEN NUGGETS, MIXED VEGETABLES, WG BREAD, PEARS, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	BREADED CHICKEN, MASHED POTATO, CORN, BLUEBERRIES, MILK	EXTRA CHEESE LASAGNA, BROCCOLI, WG BREAD, PINEAPPLE, MILK
P.M. Snack	WG CHEX MIX CHEESE, GRAPE JUICE	PRETZEL RODS, YOGURT, WATER	WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	"EL NACHO CHEESE" BITE SIZED 100% WHOLE GRAIN, APPLE JUICE

Week Beginning on March 16, 2020					
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEACHES, WATER	RICE KRISPIES CEREAL, MANDARINES, MILK	FRENCH TOAST STICKS, BLUEBERRIES, MILK	PANCAKES WITH SYRUP, STRAWBERRIES, MILK	OATMEAL, BANANA, MILK
Lunch	CHICKEN EGG ROLL, WITH VEGETABLES, WG RICE, APPLE SAUCE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, PEARS, WG BREAD, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, CARROTS, MANGO, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	CHICKEN DUMPLING, BROCCOLI, WG BREAD, RASPBERRIES, MILK
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, APPLE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, ORANGE JUICE	WG CHEX MIX CHEESE, GRAPE JUICE	"EL NACHO CHEESE" BITE SIZED 100% WHOLE GRAIN, APPLE JUICE

Week Beginning on March 23, 2020					
Breakfast	CROISSANT, TURKEY SAUSAGE, MANDARINES, MILK	FRENCH TOAST STICKS, APPLE SLICES, MILK	WAFFLES WITH SYRUP, RASPBERRIES, MILK	FROSTED FLAKES CEREAL, BANANA, MILK	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK
Lunch	EXTRA CHEESE RAVIOLI, CORN, WG BREAD, APPLE SAUCE, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PEARS, MILK	EXTRA CHEESE LASAGNA, BROCCOLI, WG BREAD, CANTALOUPE, MILK	CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, MANGO, MILK
P.M. Snack	MOZZARELLA STRING CHEESE, APPLE JUICE	REDUCED DAY	REDUCED DAY	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, FRUIT PUNCH	RAISINS, YOGURT, WATER

Week Beginning on March 30, 2020					
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEACHES, WATER	RICE KRISPIES CEREAL, MANDARINES, MILK			In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, disability, sex, gender identity, religion, reprisal where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any PUBLIC assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities) To file a complaint form, complete the USDA Program Discrimination Complaint Form or write a letter to the US Department of Agriculture, Director Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410. 1. Fax: (202) 696-7442; or 2. E-mail: program.intake@usda.gov. Individuals who are deaf hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at 1800 877 8338, or (800)845-6136 (Spanish) USDA is an equal opportunity provider and employer.
Lunch	CHICKEN EGG ROLL, WITH VEGETABLES, WG RICE, APPLE SAUCE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, WG BREAD, MIX VEGETABLES, PEARS, WG BREAD, MILK			
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, APPLE JUICE			



THE MENU CAN CHANGE AT ANY MOMENT

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Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free

Week Beginning on April 1, 2020				
Breakfast	In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, disability, sex, gender, identity, religion, reprisal where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any PUBLIC assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities) To file a complaint form, complete the USDA Program Discrimination Complaint Form or write a letter to the US Department of Agriculture, Director Office Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; 1. Fax: (202) 690-7442; or 2. Email: program.intake@usda.gov. Individuals who are deaf hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at 1800 877 8338, or (800)645-6136 (Spanish) USDA is an equal opportunity provider and employer.	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK	FROSTED FLAKES CEREAL, BLUEBERRIES, MILK	OATMEAL, BANANA, MILK
Lunch		CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, MANGO, WG BREAD, MILK	GRILLED CHICKEN, BROWN RICE, BROCCOLI, MELON, MILK
P.M. Snack		REDUCED DAY	WG CHEX MIX STRAWBERRY YOGURT, GRAPE JUICE	WG QUAKER CAKE RICE MINI CHEDDAR, ORANGE JUICE

Week Beginning on April 6, 2020					
Breakfast	WG BLUEBERRY MUFFIN, MANDARINES, MILK	CROISSANT, TURKEY SAUSAGE, APPLE SLICES, MILK	FRENCH TOAST STICKS, RASPBERRIES, MILK	FROSTED FLAKES CEREAL, MILK, BANANA	SCHOOL CLOSED
Lunch	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, PEACHES, MILK	CHICKEN NUGGETS, MIXED VEGETABLES, WG BREAD, PEARS, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	BREADED CHICKEN, MASHED POTATO, CORN, BLUEBERRIES, MILK	
P.M. Snack	WG CHEX MIX CHEESE, GRAPE JUICE	PRETZEL RODS, YOGURT, WATER	WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	



Week Beginning on April 20, 2020					
Breakfast	CROISSANT, TURKEY SAUSAGE, MANDARINES, MILK	FRENCH TOAST STICKS, APPLE SLICES, MILK	WAFFLES WITH SYRUP, RASPBERRIES, MILK,	FROSTED FLAKES CEREAL, BANANA, MILK	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK
Lunch	EXTRA CHEESE RAVIOLI, CORN, WG BREAD, APPLE SAUCE, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PEARS, MILK	EXTRA CHEESE LASAGNA, BROCCOLI, WG BREAD, CANTALOUPE, MILK	CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, MANGO, MILK
P.M. Snack	MOZZARELLA STRING CHEESE, APPLE JUICE	WG GOLDFISH CHEESE CRACKERS, GRAPE JUICE	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, FRUIT PUNCH	RAISINS, YOGURT, WATER

Week Beginning on April 27, 2020				
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEACHES, WATER	RICE KRISPIES CEREAL, MANDARINES, MILK	OATMEAL, BLUEBERRIES, MILK	PANCAKES WITH SYRUP, STRAWBERRIES, MILK
Lunch	CHICKEN EGG ROLL, WITH VEGETABLES, WG RICE, APPLE SAUCE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, WG BREAD, MIX VEGETABLES, PEARS, WG BREAD, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, MANGO, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, APPLE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, ORANGE JUICE	WG CHEX MIX CHEESE, GRAPE JUICE


Name

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Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free

Week Beginning on May 1, 2020				
Breakfast	<p style="font-size: 8px; margin: 0;">In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, disability, sex, gender, identity, religion, reprisal where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any PUBLIC assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department (Not all prohibited bases will apply to all programs and/or employment activities) To file a complaint form, complete the USDA Program Discrimination Complaint Form or write a letter to the US Department of Agriculture, Director Office Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; 1. Fax: (202) 690-7442; or 2. Email: program.intake@usda.gov. Individuals who are deaf hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at 1800 877 8339, or (800)645-6135 (Spanish) USDA is an equal opportunity provider and employer.</p>			
Lunch				
P.M. Snack				
				

Week Beginning on May 4, 2020					
Breakfast	WG BLUEBERRY MUFFIN, MANDARINES, MILK	CROISSANT, TURKEY SAUSAGE, APPLE SLICES, MILK	FRENCH TOAST STICKS, RASPBERRIES, MILK	FROSTED FLAKES CEREAL, MILK, BANANA	WAFFLES WITH SYRUP, STRAWBERRIES, MILK
Lunch	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, PEACHES, MILK	CHICKEN NUGGETS, MIXED VEGETABLES, WG BREAD, PEARS, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	BREADED CHICKEN, MASHED POTATO, CORN, BLUEBERRIES, MILK	EXTRA CHEESE LASAGNA, BROCCOLI, WG BREAD, PINEAPPLE, MILK
P.M. Snack	WG CHEX MIX CHEESE, GRAPE JUICE	PRETZEL RODS, YOGURT, WATER	REDUCED DAY	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	"EL NACHO CHEESE" BITE SIZED 100% WHOLE GRAIN, APPLE JUICE

Week Beginning on May 11, 2020					
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEACHES, WATER	RICE KRISPIES CEREAL, MANDARINES, MILK	FRENCH TOAST STICKS, BLUEBERRIES, MILK	PANCAKES WITH SYRUP, STRAWBERRIES, MILK	OATMEAL, BANANA, MILK
Lunch	CHICKEN EGG ROLL, WITH VEGETABLES, WG RICE, APPLE SAUCE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, PEARS, WG BREAD, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, CARROTS, MANGO, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	CHICKEN DUMPLING, BROCCOLI, WG BREAD, RASPBERRIES, MILK
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, APPLE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, ORANGE JUICE	WG CHEX MIX CHEESE, GRAPE JUICE	"EL NACHO CHEESE" BITE SIZED 100% WHOLE GRAIN, APPLE JUICE

Week Beginning on May 18, 2020					
Breakfast	CROISSANT, TURKEY SAUSAGE, MANDARINES, MILK	FRENCH TOAST STICKS, APPLE SLICES, MILK	WAFFLES WITH SYRUP, RASPBERRIES, MILK,	FROSTED FLAKES CEREAL, BANANA, MILK	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK
Lunch	EXTRA CHEESE RAVIOLI, CORN, WG BREAD, APPLE SAUCE, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PEARS, MILK	EXTRA CHEESE LASAGNA, BROCCOLI, WG BREAD, CANTALOUPE, MILK	CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, MANGO, MILK
P.M. Snack	MOZZARELLA STRING CHEESE, APPLE JUICE	WG GOLDFISH CHEESE CRACKERS, GRAPE JUICE	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, FRUIT PUNCH	RAISINS, YOGURT, WATER

Week Beginning on May 25, 2020					
Breakfast	<div style="font-size: 24px; color: red; font-weight: bold; margin: 0;">SCHOOL CLOSED</div> 	RICE KRISPIES CEREAL, MANDARINES, MILK	OATMEAL, BLUEBERRIES, MILK	PANCAKES WITH SYRUP, STRAWBERRIES, MILK	WG BLUEBERRY MUFFIN, BANANA, MILK
Lunch		WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, WG BREAD, MIX VEGETABLES, PEARS, WG BREAD, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, MANGO, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, RASPBERRIES, MILK
P.M. Snack		MOZZARELLA STRING CHEESE, APPLE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, ORANGE JUICE	WG CHEX MIX CHEESE, GRAPE JUICE	"EL NACHO CHEESE" BITE SIZED 100% WHOLE GRAIN, APPLE JUICE

J. Perez

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Week Beginning on June 1, 2020

Breakfast	CROISSANT, TURKEY SAUSAGE, PEACHES, MILK	FRENCH TOAST STICKS, MANDARINES, MILK	WG MINI BAGEL, CREAM CHEESE, STRAWBERRIES, MILK	FROSTED FLAKES CEREAL, BLUEBERRIES, MILK	OATMEAL, BANANA, MILK
Lunch	EXTRA CHEESE RAVIOLI, CORN, WG BREAD, APPLE SAUCE, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PEARS, MILK	CHICKEN RICE SOUP, MIXED VEGETABLES, WG BREAD, PINEAPPLE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, MANGO, WG BREAD, MILK	GRILLED CHICKEN, BROWN RICE, BROCCOLI, MELON, MILK
P.M. Snack	MOZZARELLA STRING CHEESE, APPLE JUICE	RAISINS, YOGURT, WATER	REDUCED DAY	WG CHEX MIX STRAWBERRY YOGURT, GRAPE JUICE	WG QUAKER CAKE RICE MINI CHEDDAR, ORANGE JUICE

Week Beginning on June 8, 2020

Breakfast	WG BLUEBERRY MUFFIN, MANDARINES, MILK	CROISSANT, TURKEY SAUSAGE, APPLE SLICES, MILK	FRENCH TOAST STICKS, RASPBERRIES, MILK	FROSTED FLAKES CEREAL, MILK, BANANA	FUN DAY
Lunch	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, PEACHES, MILK	CHICKEN NUGGETS, MIXED VEGETABLES, WG BREAD, PEARS, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, CANTALOUPE, MILK	BREADED CHICKEN, MASHED POTATO, CORN, BLUEBERRIES, MILK	
P.M. Snack	WG CHEX MIX CHEESE, GRAPE JUICE	PRETZEL RODS, YOGURT, WATER	WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH	WG CHEX MIX STRAWBERRY YOGURT, ORANGE JUICE	

Week Beginning on June 15, 2020

Breakfast	WG MINI BAGEL, CREAM CHEESE, PEACHES, WATER	RICE KRISPIES CEREAL, MANDARINES, MILK	FRENCH TOAST STICKS, BLUEBERRIES, MILK	PANCAKES WITH SYRUP, STRAWBERRIES, MILK	FRENCH TOAST STICKS, RASPBERRIES, MILK
Lunch	CHICKEN EGG ROLL, WITH VEGETABLES, WG RICE, APPLE SAUCE, MILK	WG SPAGUETTI WITH CHICKEN MEATBALLS AND TOMATO SAUCE, MIX VEGETABLES, PEARS, WG BREAD, MILK	WG EXTRA CHEESE MAC & CHEESE, GREEN BEANS, WG BREAD, CARROTS, MANGO, MILK	GIGGLES HAPPY FACE CHICKEN BREAST, CARROTS, WG BREAD, MELON, MILK	CHICKEN NUGGETS, MASHED POTATO, WG BREAD, PINEAPPLE, MILK
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, APPLE JUICE	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, ORANGE JUICE	WG QUAKER CAKE RICE MINI CHEDDAR, GRAPE JUICE	RAISINS, YOGURT, WATER

Week Beginning on June 22, 2020

Breakfast	WG BLUEBERRY MUFFIN, MANDARINES, MILK	
Lunch	CHICKEN DUMPLING, GREEN BEANS, WG BREAD, PEACHES, MILK	
P.M. Snack	REDUCED DAY	

Week Beginning on June 29, 2020

Breakfast		<p>In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, disability, sex, gender, identity, religion, reprisal where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any FULFILLING assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases apply to all programs and/or employment activities) To file a complaint form, complete the USDA Program Discrimination Complaint Form or write a letter to the US Department of Agriculture, Director Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; 1. Fax: (202) 690-7442 or 2. Email: program.intel@usda.gov. Individuals who are deaf or hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at 1800 877 8339 or (800) 845-6136 (Spanish) USDA is an equal opportunity provider and employer.</p>
Lunch		
P.M. Snack		

