

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 September 2, 2020	
Breakfast	
Lunch	
P.M. Snack	

Week Beginning on September 9, 2020				
Breakfast		WG CEREAL CORN CHEX, PEACHES, MILK	SANDWICH SUNBUTTER & STRAWBERRY JELLY, MANDARINES, MILK	WG MUFFIN BLUE, STRAWBERRY, MILK
Lunch		SANDWICH HOAGIE TURKEY & CHEESE, CARROTS, WG BREAD, STRAWBERRY, MILK	QUESADILLA CHICKEN BBQ, GREEN BEANS, STRAWBERRY, MILK	TURKEY BOLOGNA & CHEESE SANDWICH, CARROTS, STRAWBERRY, MILK
P.M. Snack		WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH	WG CHEX MIX STRAWBERRY YOGURT, MILK	WG CRACKER SAVORY PIZZA BITES, APPLE JUICE

Week Beginning on September 14, 2020					
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEAR, MILK	CEREAL CINN TOAST CRUNCH RED SUGAR, PEACHES, MILK	CORN MUFFIN, MANDARINES, MILK	WG SANDWICH CROISSANT SAUSAGE EGG CHEESE, STRAWBERRY, MILK	WG LOAF APPLE CINNAMON, MIXED FRUIT, MILK
Lunch	CALZONE TURKEY & TURKEY SAUSAGE, CARROTS, APPLE SAUCE, MILK	QUESADILLA BEEF TACO, GREEN BEANS, PINEAPPLE, MILK	SANDWICH HOAGIE TURK HAM & CHEESE, CARROTS, STRAWBERRY, MILK	SANDWICH HOAGIE TURK SALAMI & CHEESE, GREEN BEANS, PINEAPPLE, MILK	SANDWICH HOAGIE TURKEY & CHEESE, CARROTS, WG BREAD, STRAWBERRY, MILK
P.M. Snack	CARROTS, YOGURT, WATER	MOZZARELLA STRING CHEESE, PARADISE PUNCH VEG / FRUIT	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, FRUIT PUNCH JUICE	WG LOAF ORANGE CRANBERRY, APPLE JUICE	WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH

Week Beginning on September 21, 2020					
Breakfast	CORN MUFFIN, MANDARINES, MILK	CEREAL "CINN TOAST CRUNCH RED SUGAR", PEACHES, LECHE	WG MUFFIN BLUE, STRAWBERRY, MILK	WG CEREAL CORN CHEX, PEACHES IN JUICE, MILK	SANDWICH SUNBUTTER & STRAWBERRY JELLY, MANDARINES, MILK
Lunch	SANDWICH HOAGIE TURK HAM & CHEESE, CARROTS, STRAWBERRY, MILK	QUESADILLA BEEF TACO, GREEN BEANS, PINEAPPLE, MILK	TURKEY BOLOGNA & CHEESE SANDWICH, CARROTS, STRAWBERRY, MILK	SANDWICH HOAGIE TURKEY & CHEESE, GREEN BEANS, WG BREAD, STRAWBERRY, MILK	QUESADILLA CHICKEN BBQ, CARROTS, STRAWBERRY, MILK
P.M. Snack	CHEEZ-IT ORIGINAL BAKED CHEESE CRACKERS, FRUIT PUNCH JUICE	MOZZARELLA STRING CHEESE, PARADISE PUNCH VEG / FRUIT	WG CRACKER SAVORY PIZZA BITES, APPLE JUICE	WG GOLDFISH CHEESE CRACKERS, MANGO SWIRL JUICE	WG CHEX MIX, MILK

Week Beginning on September 28, 2020					
Breakfast	WG MINI BAGEL, CREAM CHEESE, PEAR, MILK	WG SANDWICH CROISSANT SAUSAGE EGG CHEESE, STRAWBERRY, MILK	WG LOAF APPLE CINNAMON, MIXED FRUIT, MILK	<small>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 Service at 1800 877 8339, or (800) 845-1346 (Spanish) USDA is an equal opportunity provider and employer.</small>	
Lunch	CALZONE TURKEY & TURKEY SAUSAGE, CARROTS, APPLE SAUCE, MILK	SANDWICH HOAGIE TURK SALAMI & CHEESE, GREEN BEANS, PINEAPPLE, MILK	SANDWICH HOAGIE TURKEY & CHEESE, CARROTS, WG BREAD, STRAWBERRY, MILK		
P.M. Snack	CARROTS, YOGURT, WATER	WG LOAF ORANGE CRANBERRY, APPLE JUICE	WG GOLDFISH CHEESE CRACKERS, FRUIT PUNCH		

THE MENU CAN CHANGE AT ANY MOMENT