


PUERTO RICAN COMMUNITY CENTER, INC

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free					
Week Beginning on October 1, 2021					
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 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 June contact USDA through the Federal Relay Services at 1800 877 8338, or (800)845-6136 (Spanish) USDA is an equal opportunity provider and employer.</p>		MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches, Pears, and Pineapple)		Strawberry Applesauce Cup-1/2 c. W/G Croissant with Margarine-2.2 oz. 1% White Milk-6 oz.
LUNCH			MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas, Carrots, Corn, Green Beans		Medium Square Cheese Ravioli with Meat Sauce-4 oz. Diced Carrots-1/2 c. Diced Peach Cup-1/2 c. Whole Grain Bread 1% White Milk-6 oz.
SNACK			Orange/Tangerine Juice-4 oz. Mini Pretzels-3/4 oz.		
Week Beginning on October 4, 2021					
BREAKFAST	Diced Pear Cup-1/2 c. Krispy Rice Cereal-3/4 c. 1% White Milk-6 oz.	Applesauce Cup-1/2 c. Multigrain Cheerios-1 oz. 1% White Milk-6 oz.	Fresh Apple-1 W/G White Bagel with Cream Cheese-1 1% White Milk-6 oz.	Mandarin Orange Cup - 1/2 c. W/G Pineapple Muffin-2 oz. 1% White Milk-6 oz.	Fresh Orange-1 Kix Cereal-3/4 c. 1% White Milk-6 oz.
LUNCH	Beef Meatballs with Sauce-3 oz. Green Beans -1/2 c. Whole Wheat Dinner Roll Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	W/G Chicken Fingers-3 Sliced Carrots-1/2 c. Whole Grain Bread Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Mexican Beef with W/G Tortilla Scoops-4 oz. Corn-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Meatloaf w/ Ketchup-3 oz. Roasted Potato Medley-1/2 c. Whole Wheat Dinner Roll Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.
SNACK	Grape Juice-4 oz. Maple Waffle Grahams-2	Fruit Punch-4 oz. W/G Pretzel Goldfish-8 oz	REDUCED DAY	Grape Juice-4 oz. Whole Grain Cheese Goldfish Colors-8 oz.	W/G Cinnamon Granola-1 oz. Non-Fat Strawberry Yogurt-4 oz.
Week Beginning on October 11, 2021					
BREAKFAST	Fresh Apple-1 Honey Scooters Cereal-1 oz. 1% White Milk-6 oz.	Peach Applesauce Cup-1/2 c. Corn Flakes Cereal-3/4 c. 1% White Milk-6 oz.	Diced Pear Cup-1/2 c. Whole Wheat Bagel with Cream Cheese-1 1% White Milk-6 oz.	Fresh Orange-1 Krispy Rice Cereal-3/4 c. 1% White Milk-6 oz.	Mixed Fruit Cup-1/2 c. W/G Croissant with Margarine-2.2 oz. 1% White Milk-6 oz.
LUNCH	Beef Hamburger on a Whole Wheat Bun-1 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	W/G Popcorn Chicken-3.8 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread 1% White Milk-6 oz.	Turkey and Cheese on a W/G Potato Bun-1 Cold Corn Cup-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Swedish Meatballs w/ Gravy-3 oz. Seasoned Diced Potatoes-1/2 c. Applesauce Cup-1/2 c. Whole Grain Bread 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
SNACK	Grape Juice-4 oz. Whole Grain Animal Crackers-1 oz.	Fruit Punch-4 oz. Whole Grain Cheez Its-1 oz.	REDUCED DAY	Orange/Tangerine Juice-4 oz. W/G Mini Pretzels-8 oz.	W/G Cinnamon Granola-1 oz. Non-Fat Blueberry Yogurt-4 oz.
Week Beginning on October 18, 2021					
BREAKFAST	Fresh Apple-1 Multigrain Cheerios-1 oz. 1% White Milk-6 oz.	Applesauce Cup-1/2 c. Kix Cereal-3/4 c. 1% White Milk-6 oz.	Fresh Orange-1 W/G Raspberry Muffin-2 oz. 1% White Milk-6 oz.	Diced Peach Cup-1/2 c. Honey Scooters Cereal-1 oz. 1% White Milk-6 oz.	Mandarin Orange Cup-1/2 c. W/G Blueberry Muffin-2 oz. 1% White Milk-6 oz.
LUNCH	W/G Chicken Fryz - 3 Corn-1/2 c. Mandarin Orange Cup-1/2 c. Whole Wheat Dinner Roll 1% White Milk-6 oz.	Beef Salisbury Steak with Gravy-2 oz. Roasted Potato Medley-1/2 c. Mixed Fruit Cup-1/2 c. Whole Grain Bread 1% White Milk-6 oz.	BREAKFAST FOR LUNCH French Toast Sticks w/ Syrup-3 Beef Sausage Links-2 oz. Fresh Baby Carrots w/ Dip-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	Grilled Chicken Fillet on a Whole Wheat Bun-1 Green Beans-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.
SNACK	Apple Juice-4 oz. W/G Organic Honey Heroes Supersnack-1 oz.	Fruit Punch-4 oz. W/G Pretzel Goldfish-8 oz	REDUCED DAY	Grape Juice-4 oz. Whole Grain Cheese Goldfish Colors-8 oz.	Orange/Tangerine Juice-4 oz. W/G Vanilla Bear Grahams-2
Week Beginning on October 25, 2021					
BREAKFAST	Peach Applesauce Cup-1/2 c. Kix Cereal-3/4 c. 1% White Milk-6 oz.	Fresh Orange-1 Rice Chex Cereal-1 oz. 1% White Milk-6 oz.	Mixed Fruit Cup-1/2 c. W/G White Bagel with Cream Cheese-1 1% White Milk-6 oz.	Mandarin Orange Cup-1/2 c. W/G Special K Cereal-3/4 c. 1% White Milk-6 oz.	Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. 1% White Milk-6 oz.
LUNCH	Beef Hamburger on a Whole Wheat Bun-1 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Turkey Meatballs w/ Sauce on a Whole Wheat Hot Dog Bun-1 Corn-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	W/G Chicken Nuggets-3 oz. Green Beans-1/2 c. Whole Wheat Dinner Roll Fresh Orange-1 1% White Milk-6 oz.	Hot Turkey w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Whole Grain Bread Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Diced Peach Cup-1/2 c. Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
SNACK	Apple Juice-4 oz. W/G Graham Crackers-3	Grape Juice-4 oz. W/G Organic Chocolate Heroes Supersnack-1 oz.	REDUCED DAY	Orange/Tangerine Juice-4 oz. W/G Mini Pretzels-8 oz.	Apple Juice-4 oz. Whole Grain Animal Crackers-1 oz.