



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 December 1, 2021					
BREAKFAST			Fresh Apple-1 W/G Wheat Bagel With Cream Cheese-1 1% White Milk-6 Oz.	Diced Peach Cup-1/2 C. W/G Scooters Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Blueberry Muffin-2 Oz. 1% White Milk-6 Oz.
LUNCH			Turkey And Cheese On A W/G Potato Bun-1 Fresh Baby Carrots W Dip-1/2 C. Fresh Banana-1 1% White Milk-6 Oz.	Swedish Meatballs W Gravy-3 Oz, Mashed Potatoes-1/2 C. Whole Grain Bread Applesauce Cup-1/2 C. 1% White Milk-6 Oz.	Macaroni And Cheese-6 Oz. Peas-1/2 C. Whole Grain Bread Pineapple Cup-1/2 C. 1% White Milk-6 Oz.
SNACK			REDUCED DAY		Grape Juice-4 Oz. Whole Grain Cheese Goldfish Colors-8 Oz.
Week Beginning on December 6, 2021					
BREAKFAST	Fresh Apple-1 W/G Honey Scooters Cereal-1 Oz. 1% White Milk-6 Oz.	Peach Applesauce Cup-1/2 C. W/G Pineapple Muffin-2 Oz. 1% White Milk-6 Oz.	Diced Pear Cup-1/2 C. Whole Grain White Bagel With Cream Cheese-1 1% White Milk-6 Oz.	Fresh Orange-1 W/G Rice Krispies-1 Oz. 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. Fresh Orange-1 1% White Milk-6 Oz.	W/G Chicken Fingers-3 Green Beans-1/2 C. Fresh Apple-1 Whole Grain Bread 1% White Milk-6 Oz.	Baked Ziti-8 Oz. Diced Carrots-1/2 C. Fresh Banana-1 Whole Wheat Dinner Roll 1% White Milk-6 Oz.	Hot Turkey W Gravy-4 Oz. Roasted Potato Medley-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 Pear Cup-1/2 C. Mozzarella Cheese Sticks-1 1% White Milk-6 Oz.
SNACK	Strawberry Kiwi Juice-4 Oz. Whole Grain Animal Crackers-1 Oz.	Fruit Punch-4 Oz. W/G Mini Pretzels-1	REDUCED DAY		Orange/Tangerine Juice-4 Oz. Whole Grain Honey Graham Crackers-3
Week Beginning on December 13, 2021					
BREAKFAST	Fresh Apple-1 W/G Corn Flakes Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Kix Cereal-1 Oz. 1% White Milk-6 Oz.	Applesauce Cup-1/2 C. W/G Strawberry Muffin-2 Oz. 1% White Milk-6 Oz.	Pineapple Cup-1/2 C. W/G Scooters Cereal-1 Oz. 1% White Milk-6 Oz.	Mandarin Orange Cup-1/2 C. W/G Wheat Bagel With Cream Cheese-1 1% White Milk-6 Oz.
LUNCH	Grilled Chicken Fillet On A Whole Wheat Bun-1 Com-1/2 C. Mandarin Orange Cup-1/2 C. 1% White Milk-6 Oz.	Medium Square Cheese Ravioli With Meat Sauce-6 Oz. Green Beans-1/2 C. Diced Peach Cup-1/2 C. Whole Grain Bread 1% White Milk-6 Oz.	Beef Salisbury Steak With Gravy-3 Oz. Seasoned Diced Potatoes-1/2 C. Whole Wheat Dinner Roll Fresh Orange-1 1% White Milk-6 Oz.	Breakfast For Lunch French Toast Sticks W Syrup-3 Turkey Sausage Links-2 Fresh Baby Carrots W Dip-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 Strawberry Waffle Grahams-2	Fruit Punch-4 Oz. W/G Vanilla All Sports Bites-1 Oz.	REDUCED DAY		Grape Juice-4 Oz. Whole Grain Cheese Goldfish Colors-8 Oz.
Week Beginning on December 20, 2021					
BREAKFAST	Peach Applesauce Cup-1/2 C. W/G Honey Scooters Cereal-1 Oz. 1% White Milk-6 Oz.	Diced Pear Cup-1/2 C. W/G Corn Chex Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Bagel with Cream Cheese-1 1% White Milk-6 Oz.	Fresh Apple-1 W/G Corn Flakes Cereal-1 Oz. 1% White Milk-6 Oz.	WINTER RECESS CLOSED
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.	W/G Popcorn Chicken - 3.8 Oz. Green Beans-1/2 C. Whole Grain Bread Fresh Orange-1 1% White Milk-6 Oz.	Beef Meatloaf W/ Ketchup-3 Oz. Mashed Potatoes-1/2 C. Whole Wheat Dinner Roll Fresh Apple-1 1% White Milk-6 Oz.	Turkey And Cheese On A Whole Grain Kaiser Roll-1 Cold Corn Cup-1/2 C. Fresh Banana-1 1% White Milk-6 Oz.	
SNACK	Apple Juice-4 Oz. W/G Graham Crackers-3	Grape Juice-4 Oz. W/G Organic Blueberry/Vanilla Heroes Supersnack-1 Oz.	REDUCED DAY		
Week Beginning on December 27, 2021					
BREAKFAST			MIXED FRUIT CUP CONTAINS THE FOLLOWING: (Peaches, Pears, and Pineapple)		
LUNCH			MIXED VEGETABLES CONTAIN THE FOLLOWING: Peas, Carrots, Corn, Green Beans		
SNACK			<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, 1420 Independence Avenue, SW Washington, D.C. 20250-0410, 1 Fax: (202) 690-9424, or 2. Email: program.inquiries@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities: please contact USDA through the Federal Relay Service at 1-800-877-8338, or (202) 645-6136 (Spanish) USDA is an equal opportunity provider and employer.</small>		