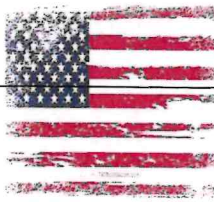



PUERTO RICAN COMMUNITY CENTER, INC

	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 May 2, 2022					
Breakfast	Fresh Apple-1 W/G Blueberry Muffin-2 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Corn Flakes-1 Oz. 1% White Milk-6 Oz.	Applesauce Cup-1/2 C. W/G Croissant With Margarine - 2.2 Oz. 1% White Milk-6 Oz.	Fresh Apple-1 W/G Pineapple Muffin-2 Oz.-2 Oz. 1% White Milk-6 Oz.	Fresh Banana-1 W/G Honey Scooters Cereal-1 Oz. 1% White Milk-6 Oz.
Lunch	Beef Hamburger On A Whole Wheat Bun-1 Corn-1/2 C. Mandarin Orange Cup-1/2 C. 1% White Milk-6 Oz.	Cheese Ravioli With Meat Sauce-4 Oz. Green Beans-1/2 C. Whole Wheat Dinner Roll Diced Pear Cup-1/2 C. 1% White Milk-6 Oz.	W/G Chicken Nuggets-3 Oz. Mixed Vegetables-1/2 C. Whole Grain Bread Fresh Orange-1 1% White Milk-6 Oz.	Beef Bologna And Cheese On Whole Grain Bread-1 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 Chocolate Bear Grahams-2	Fruit Punch-4 Oz. W/G Chocolate Loaf-2 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 May 9, 2022					
Breakfast	Applesauce Cup-1/2 C. W/G Cinnamon Frosted Flakes Cereal-1 Oz. 1% White Milk-6 Oz.	Pineapple Cup-1/2 C. W/G Strawberry Shredded Wheat Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 Whole Grain Wheat Bagel W/ Cream Cheese - 1 1% White Milk-6 Oz.	Fresh Apple-1 W/G Rice Krispies Cereal-1 Oz. 1% White Milk-6 Oz.	Strawberry Applesauce Cup-1/2 C. W/G Croissant With Margarine-1 Slice 1% White Milk-6 Oz.
Lunch	Beef Meatloaf With Ketchup-3 Oz. Corn-1/2 C. Whole Wheat Dinner Roll Mixed Fruit Cup-1/2 C. 1% White Milk-6 Oz.	W/G Chicken Fingers-3 Mixed Vegetables-1/2 C. Whole Grain Bread Fresh Orange-1 1% White Milk-6 Oz.	Meatballs W/ Sauce On A Whole Grain Mini Sub Roll-1 Diced Carrots-1/2 C. Applesauce Cup-1/2 C. 1% White Milk-6 Oz.	Teriyaki Beef Bites-3 Oz. Green Beans-1/2 C. Fresh Banana-1 Whole Grain Bread 1% White Milk-6 Oz.	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad W/ Dressing-1 C. Mozzarella Cheese Sticks-1 Fresh Apple-1 1% White Milk-6 Oz.
Snack	Apple Juice-4 Oz. W/G Cheez It Crackers-1 Oz.	Grape Juice-4 Oz. W/G Mini Pretzels-1	Reduced Day	Orange/Tangerine Juice-4 Oz. Whole Grain Wheat Wafers-1 Oz.	W/G Cinnamon Granola-1 Oz. Non Fat Blueberry Yogurt-4 Oz.
Week Beginning On May 16, 2022					
Breakfast	Diced Peach Cup-1/2 C. W/G Corn Flakes-1 Oz. 1% White Milk-6 Oz.	Applesauce Cup-1/2 C. W/G Honey Scooters Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Raspberry Muffin-2 Oz. 1% White Milk-6 Oz.	Fresh Apple-1 Whole Grain White Bagel With Cream Cheese-1 1% White Milk-6 Oz.	Fresh Banana-1 W/G Toasted Oats Cereal-1 Oz. 1% White Milk-6 Oz.
Lunch	W/G Chicken Fryz-3 Oz. Corn-1/2 C. Fresh Orange-1 Whole Wheat Dinner Roll 1% White Milk-6 Oz.	Swedish Meatballs With Gravy-3 Oz. Roasted Potatoes-1/2 C. Fresh Apple-1 Whole Wheat Bread 1% White Milk-6 Oz.	Grilled Bbq Chicken Sandwich On A Whole Wheat Bun-1 Green Beans-1/2 C. Fresh Banana-1 1% White Milk-6 Oz.	Turkey And Cheese On A Whole Grain Potato Bun-1 Fresh Baby Carrots W/ Dip-1/2 C. Applesauce Cup-1/2 C. 1% White Milk-6 Oz.	Macaroni And Cheese-6 Oz. Broccoli Florets-1/2 C. Whole Grain Bread Diced Peach Cup-1/2 C. 1% White Milk-6 Oz.
Snack	Grape Juice-4 Oz. W/G Chocolate Loaf-2 Oz.	Apple Juice-4 Oz. W/G Cheez It Crackers-1 Oz.	Reduced Day	Grape Juice-4 Oz. Whole Grain Pretzel Goldfish - .8 Oz.	W/G Cinnamon Granola-1 Oz. Non Fat Strawberry/Banana Yogurt-4 Oz.
Week Beginning On May 23, 2022					
Breakfast	Fresh Apple-1 W/G Strawberry Shredded Wheat Cereal-1 Oz. 1% White Milk-6 Oz.	Mixed Fruit Cup-1/2 C. W/G Cinnamon Frosted Flakes Cereal-1 Oz. 1% White Milk-6 Oz.	Fresh Orange-1 W/G Lemon Muffin-2 Oz. 1% White Milk-6 Oz.	Fresh Apple-1 W/G Rice Krispies-1 Oz. 1% White Milk-6 Oz.	Strawberry Applesauce Cup-1/2 C. W/G Croissant With Margarine-1 Slice 1% White Milk-6 Oz.
Lunch	W/G Breaded Chicken Fillet On A Whole Wheat Bun-1 Corn-1/2 C. Strawberry Applesauce Cup-1/2 C. 1% White Milk-6 Oz.	Stuffed Cheese Rigatoni With Meat Sauce-5 Oz. Green Beans-1/2 C. Fresh Apple-1 Whole Grain Bread 1% White Milk-6 Oz.	Hot Turkey W/ Gravy-3 Oz. Roasted Potato Medley-1/2 C. Whole Wheat Dinner Roll Fresh Banana-1 1% White Milk-6 Oz.	Breakfast For Lunch French Toast Sticks W/ Syrup-3 Turkey Sausage Links-2 Oz. Fresh Baby Carrots W/ Dip-1/2 C. Fresh Orange-1 1% White Milk-6 Oz.	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad W/ Dressing-1 C. Mozzarella Cheese Sticks-1 Fresh Apple-1 1% White Milk-6 Oz.
Snack	Grape Juice-4 Oz. W/G Vanilla Bear Grahams-2	Fruit Punch-4 Oz. W/G Animal Crackers-1 Oz.	Reduced Day	Orange/Tangerine Juice-4 Oz. Whole Grain Cheese Goldfish Colors-.8 Oz.	W/G Cinnamon Granola-1 Oz. Non Fat Peach Yogurt-4 Oz.
Week Beginning On May 30, 2022					
Breakfast		Applesauce Cup-1/2 C. W/G Honey Scooters Cereal-1 Oz. 1% White Milk-6 Oz.		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) 890-7442; 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.	
Lunch		W/G Chicken Fingers-3 Corn-1/2 C. Mandarin Orange Cup-1/2 C. Whole Grain Bread 1% White Milk-6 Oz.			
Snack		School Closed			

THIS MENU MAY CHANGE ANYTIME



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