
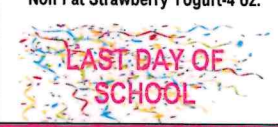



PUERTO RICAN COMMUNITY CENTER, INC

	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 June 1, 2022							
Breakfast			Diced Pear Cup-1/2 c. W/G White Bagel with Cream Cheese-1 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 Corn Flakes Cereal-1 oz. 1% White Milk-6 oz.		
Lunch			W/G Chicken Nuggets-3 oz. Mixed Vegetables-1/2 c. Whole Grain Bread Fresh Orange-1 1% White Milk-6 oz.	Beef Hamburger 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 Honey Graham Crackers-3	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 June 6, 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 Frosted Mini 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 Kix 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. Roasted Potatoes-1/2 c. Whole Wheat Dinner Roll Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	W/G Chicken Fingers-3 Diced Carrots-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 Green Beans-1/2 c. Applesauce Cup-1/2 c. 1% White Milk-6 oz.	Grilled Chicken Tacos w/ Shredded Cheddar Cheese-2 Corn-1/2 c. W/G 6" Flour Tortilla-2 Fresh Banana-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	Apple Juice-4 oz. W/G Strawberry Waffle Grahams-2	Grape Juice-4 oz. W/G Mini Pretzels-1	Fruit Punch-4 oz. W/G Vanilla Dino Bite Crackers-1 oz.	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 June 13, 2022							
Breakfast	Fresh Apple-1 W/G Kix Cereal-1 oz. 1% White Milk-6 oz.	Fresh Banana-1 W/G Pancakes 1% White Milk-6 oz.	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED		
Lunch	Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Mozzarella Cheese Sticks-1 Fresh Apple-1 1% White Milk-6 oz.	Beef Hamburger on a Whole Wheat Bun-1 Green Beans-1/2 c. Fresh Banana-1 1% White Milk-6 oz.					
Snack	Apple Juice-4 oz. Mozzarella Sticks.	W/G Cinnamon Granola-1 oz. Non Fat Strawberry Yogurt-4 oz.					
							
Week Beginning On June 20, 2022							
Breakfast	SCHOOL CLOSED						
Lunch	SCHOOL CLOSED						
Snack	SCHOOL CLOSED						
Week Beginning On June 27, 2022							
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 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						SCHOOL CLOSED	
Snack						SCHOOL CLOSED	

THIS MENU MAY CHANGE ANYTIME



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