

# 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 5<sup>th</sup> 2022

Breakfast				Milk Fresh Fruit WG Bagel-Cream Cheese	Milk Fresh Fruit WG Cereal
Lunch				Beef Meatloaf w/ Ketchup-3 oz. Roasted Potatoes-1/2 c. Whole Wheat Dinner Roll Mixed Fruit 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				Mango Juice WG Maple Bites	Water Diced Peaches Cup WG Spikerz Crackers

Week Beginning on September 12<sup>th</sup> 2022

Breakfast	Milk Banana WG Cereal	Milk Applesauce WG Muffin	Milk Diced Peaches Cup WG Cereal	Milk Diced Pineapple Cup WG English Muffin - Applebutter	Milk Diced Pears Cup WG Cereal
Lunch	Flame Broiled Beef Teriyaki Bites-3 oz. Corn-1/2 c. Diced Pear Cup-1/2 c. Whole Wheat Dinner Roll 1% White Milk-6 oz.	WG Popcorn Chicken-3.8 oz. Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread 1% White Milk-6 oz.	All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1/2 c. Fresh Banana-1 1% White Milk-6 oz.	Grilled Chicken Fillet with Gravy-3 oz. Mashed 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	Strawberry banana Juice WG Chocolate Graham	Water Fresh Fruit Yogurt	Paradise Punch Veg Juice WG Pretzel Sticks	Water WG Pizza Crackers Cheese Stick	Water Applesauce WG Granola Bites

Week Beginning on September 19<sup>th</sup> 2022

Breakfast	Milk Mix Fruit French Toast - Syrup	Milk Fresh Fruit WG Muffin	Milk Diced Mandarin Oranges Cup WG Cereal	Milk Fresh Fruit Pancakes - Syrup	Milk Fresh Fruit Muffin
Lunch	Breaded Chicken Patty on a Whole Wheat Bun-1 Corn-1/2 c. Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	Swedish Beef Meatballs-3 oz. Roasted Potatoes-1/2 c. Fresh Orange-1 Whole Grain Bread 1% White Milk-6 oz.	Turkey and Cheese on a W/G Potato Bun-1 Fresh Baby Carrots w/ Dip-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	W/G Chicken Nuggets-4 Mixed Vegetables-1/2 c. Whole Wheat Dinner Roll 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	Water Diced Mixed Fruit Cup Cheez it	Apple Juice Chex Strawberry	Water Diced Mixed Fruit Yogurt	Orange Juice Animal Crackers	Grape Juice Dino Bites

Week Beginning on September 26<sup>th</sup> 2022

Breakfast	Milk Diced Peaches Cup WG Cereal	Milk Applesauce WG Muffin	Milk Diced Mandarin Oranges Cup WG Cereal	Milk WG Bagel Cream Cheese	Milk Diced Pineapple Cup WG Cereal
Lunch	Grilled BBQ Chicken Fillet on a W/W Bun-1 Mixed Vegetables-1/2 c. Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.	Beef Meatloaf w/ Ketchup-3 oz. Seasoned Diced Potatoes-1/2 c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.	Baked Ziti-8 oz. Diced Carrots-1/2 c. Whole Grain Bread Fresh Orange-1 1% White Milk-6 oz.	Beef Meatball Sub on a Whole Grain Mini Sub Roll-1 Green Beans-1/2 c. Applesauce Cup-1/2 c. 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	Paradise Punch Veg Juice WG Goldfish	Fruit Punch Juice WG Waffle Graham	Water Diced Mixed Fruit Cup WG Soft Pretzel	Paradise Juice WG Maple Bites	Water Diced Peaches Cup WG Spikerz Crackers



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THIS MENU MAY CHANGE ANYTIME



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