

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 March 1st, 2023					
BREAKFAST	 <small>shutterstock.com · 140305865</small>		Blueberry Muffin Peach Cup 1% White Milk-6 Oz.	W/G Croissant with Cream Cheese Mandarine Cup 1% White Milk-6 Oz..	Honey Bunches Cup Of Mix Fruit 1% White Milk-6 Oz.
LUNCH			Turkey and Cheese on a W/G Potato Bun-1 Cold Corn Cup-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	Swedish Meatballs w/ Gravy-3 oz. Mashed Potatoes-1/2 c. Fresh Apple-1 Whole Wheat Dinner Roll 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			REDUCED DAY	Cheez It Mango Juice	Educational Vanilla Crackers Apple Juice
Week Beginning on March 6, 2023					
BREAKFAST	Strawberry Cream Mini Bagel Apple Slices 1% White Milk-6 Oz.	Honey Bunches Fresh Banana 1% White Milk-6 Oz.	W/G Pancakes With Syrup Pear Cup 1% White Milk-6 Oz.	Corn Muffin Mandarine Cup 1% White Milk-6 Oz.	W/G Waffles With Syrup Mix Fruit Cup 1% White Milk-6 Oz.
LUNCH	W/G Chicken Fingers-3 Corn-1/2 c. Whole Grain Bread Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	BREAKFAST FOR LUNCH French Toast Sticks-3 Turkey Sausage Links-2oz. Fresh Baby Carrots w/ Dip-1/2 c. Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	Cheese Lasagna with Meat Sauce-4 oz. Green Beans-1/2 c. Whole Wheat Dinner Roll Fresh Banana-1 1% White Milk-6 oz.	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 Orange-1 1% White Milk-6 oz.
SNACK	Strawberry Banana Yogurt Baby Carrots	Sun Chips Strawberry Banana Juice	W/G Veggie Crackers With Sun Butter Cup	All Sport Dino Crackers Orange Juice	Cheez It Fruit Punch Juice
Week Beginning on March 13th, 2023					
BREAKFAST	W/G Croissant Cream Cheese Pineapple Cup 1% White Milk-6 Oz.	Wrapped Turkey Mini Pancake Mandarine Cup 1% White Milk-6 Oz.	W/C Corn Flakes Cereal Peach Cup 1% White Milk-6 Oz.	Banana Muffin Pear Cup 1% White Milk-6 Oz.	W/G Pancakes Syrup Mix Fruit Cup 1% White Milk-6 Oz.
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.	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 Fresh Baby Carrots w/ Dip-1/2 c. Diced Pear Cup-1/2 c. 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	Sun Chips Strawberry Banana Juice	CheX Mix Mango Juice	REDUCED DAY	Mini Pretzels Fruit Punch Juice	Gold Fish Cheddar Apple Juice
Week Beginning on March 20th, 2023					
BREAKFAST	Pancake Chicken Sausage with Cheese Sandwich Fresh Banana 1% White Milk-6 Oz.	Honey Bunches Apple Slices 1% White Milk-6 Oz.	Strawberry Cream Mini Bagel Pear Cup 1% White Milk-6 Oz.	Blueberry Muffin Mix Fruit Cup 1% White Milk-6 Oz.	W/G Scoters Cereal Mandarine Cup 1% White Milk-6 Oz..
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 Apple-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 Green Beans-1/2 c. Fresh Banana-1 Whole Grain Bread 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	Sport Dino Crackers Mango Juice	Strawberry Banana Yogurt Baby Carrots	W/G Veggie Crackers With Sun Butter Cup	Educational Vanilla Crackers Apple Juice	Cheez It Fruit Punch Juice
Week Beginning on March 27th, 2023					
BREAKFAST	French Toast With Syrup Cup Of Mix Fruit 1% White Milk-6 Oz.	W/C Corn Flakes Cereal Peach Cup 1% White Milk-6 Oz.	W/G Pancakes Syrup Mandarine Cup 1% White Milk-6 Oz.	Strawberry Cream Mini Bagel Apple Sauce 1% White Milk-6 Oz.	Banana Muffin Pear Cup 1% White Milk-6 Oz.
LUNCH	Grilled BBQ Chicken Fillet on a WW 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 w/ Sauce-8 oz. Diced Carrots-1/2 c. Whole Grain Bread Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	Flame Broiled Teriyaki Beef Dippers - 3oz. Corn - 1/2c. Fresh Banana-1 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	CheX Mix Mango Juice	W/G Gold Fish Apple Juice	Strawberry Banana Yogurt Pretzels	REDUCED DAY	Sun Chips Fruit Punch Juice

Menu is subject to change anytime.



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.



ep