




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 September 1ST, 2023					
BREAKFAST	<p>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.</p>				
LUNCH					
SNACK					
Week Beginning on September 4TH, 2023					
BREAKFAST	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	Cinnamon Toast Crunch Cereal Pine Apple Cup 1% White Milk-6 Oz.	W/G Scoters Cereal Pear Cup 1% White Milk-6 Oz.
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 Orange-1 1% White Milk-6 oz.
SNACK				"Educational Snack" cookies. Fruit Punch Juice	Veggie Crispy Crackers Apple Juice
Week Beginning on September 11TH, 2023					
BREAKFAST	Blueberry Muffin Fresh Banana 1% White Milk-6 Oz.	W/G Croissant with cream cheese. Apple Slices 1% White Milk-6 Oz.	W/G Pancakes with syrup Peach Cup 1% White Milk-6 Oz.	W/C Corn Flakes Cereal Mandarin Cup 1% White Milk-6 Oz.	W/G Waffles stick with 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.	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.	Tony's Pizza- 4.5 oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.
SNACK	W/G Goldfish Cheddar Apple Juice	W/G Sun Chips Original. Mango Juice	REDUCED DAY	REDUCED DAY	"Educational Snack" cookies fruit punch juice
Week Beginning on September 18, 2023					
BREAKFAST	Cheerios Cereal Peach Cup 1% White Milk-6 Oz.	Strawberry Cream Minnie Bagel Mandarin Cup 1% White Milk-6 Oz.	W/G Sandwich Grape Jelly Fruit Mix Cup 1% White Milk-6 Oz.	Banana Muffin Pear Cup 1% White Milk-6 Oz.	Pancake chicken Sandwich Cup Of Mix Fruit 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.	BBQ Beef Riblet on Wheat Hamburger Bun - 1 Seasoned Diced Potatoes - 1/2c. Fresh Apple-1 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	"All Sports" Crackers Orange Tangerine Juice	W/G GoldFish cheddar Paradise fruit Punch Juice	Pretzel Thin UTZ Apple Juice	Cracker Gold Fish Giant cookie Mango juice	Smoothie Strawberry/Banana. Fruit Punch Juice
Week Beginning on September 25TH, 2023					
BREAKFAST	W/G Corn Muffin Apple Slices 1% White Milk-6 Oz.	Corn Flakes Cereal Pineapple Cup 1% White Milk-6 Oz.	W/G Waffles with syrup Peach Cup 1% White Milk-6 Oz.	W/G Scoters Cereal Mandarin Cup 1% White Milk-6 Oz.	French Toast Mix Fruit Cup 1% White Milk-6 Oz.
LUNCH	Baked Ziti w/ Sauce-8 oz. Corn - 1/2c. Whole Grain Bread Applesauce Cup - 1/2 c. 1% White Milk-6 oz.	Beef Bologna & Cheese on Whole Grain Bread - 1 Fresh Baby Carrots w/ Dip-1/2 c. Fresh Apple-1 1% White Milk-6 oz.	W/G Breaded Chicken Patty on a Whole Wheat Hamburger Bun-1 Peas-1/2 c. Diced Pear Cup-1/2 c. 1% White Milk-6 oz.	Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 1/2c. Fresh Apple-1 Whole Wheat Dinner Roll 1% White Milk-6 oz.	Tony's Pizza- 4.5 oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 1% White Milk-6 oz.
SNACK	Educational crackers Orange Juice	W/G Gold Fish Cheddar Apple Juice	Sport Dino Crackers Mango Juice	W/G Sun Chips Orange Tangerine Juice	Mini Pretzels Fruit Punch Juice

Menu is subject to change anytime.



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