



PUERTO RICAN COMMUNITY CENTER INC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free.</p> <p>Week Beginning on February 1ST, 2024</p>					
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>			Pancakes Sandwich Fruit cocktail 1% White Milk-6 Oz.	<p>SCHOOL CLOSED</p>
LUNCH				W/G Grilled Cheese sandwich – 1 Celery Sticks – 1/2c w/Dip Fresh Banana – 1 1% White Milk – 6oz	
SNACK				Chips and Salsa Water	
<p>Week Beginning on February 5th, 2024</p>					
BREAKFAST	Pancake Apple Filled Juno Pineapple Cup 1% White Milk-6 Oz.	W/G "Rice Chex" Cereal Diced Peaches 1% White Milk-6 Oz.	W/G Croissant & Cream Cheese Fruit Cocktail 1% White Milk-6 Oz	W/G Loaf Corn Bread Diced Pears 1% White Milk-6 Oz	French Toast Apple Sauce Cup 1% White Milk-6 Oz.
LUNCH	W/G Chicken Nuggets – 4pc Red Kidney Beans – 1/2c Diced Pear Cup – 1/2c Whole Wheat Dinner Roll 1% White Milk 6oz	Cheese Manicotti w/ Meat Sauce – 4oz Green Beans – ½ c Fresh Apple – 1 Whole Grain Bread 1% White Milk – 6oz	All Beef Hamburger on a Whole Wheat Bun – 1 Diced Carrots – 1/2c Fresh Banana – 1 1% White Milk – 6oz	Grilled Chicken Fillet with Gravy – 3oz Mashed Potatoes – 1/2c Applesauce Cup – 1/2c Whole Grain Bread 1% White Milk – 6oz	Tony's Pizza – 4.5oz Romaine Salad w/Dressing – 1c Fresh Orange – 1 1% White Milk – 6 oz
SNACK	"Heartzels" Pretzels Fruit Punch Juice	W/G Sun Chip Yogurt / Water	"Cheez – ITZ" Crackers Mango Juice	W/G Gold Fish Cheddar Orange Juice	String Cheese Part Skim Apple Juice
<p>Week Beginning on February 12th, 2024</p>					
BREAKFAST	W/G Pancakes Mandarin Orange Cup 1% White Milk – 6oz	W/G Trix Cereal Strawberry applesauce cup 1% White Milk-6 Oz.	Blueberry Muffin Mix Fruit Cup 1% White Milk-6 Oz	Sandwich Turkey Ham Peach Cup 1% White Milk-6 Oz.	W/C Corn Flakes Cereal Diced Pineapple 1% White Milk-6 Oz
LUNCH	Breaded Chicken Patty on a Whole Wheat Bun – 1 Corn - 1/2c Mandarin Orange Cup – 1/2c 1% White Milk 6oz	Chicken Meatballs w. teriyaki Sauce 3oz Oriental Mixed Vegetables 1/2c. Wheat Dinner Roll – 1 Pineapple Cup 1/2c 1% White Milk 6oz	Turkey and Cheese on a W/G Potato Bun – 1 Fresh Baby Carrots w/Dip- 1/2c Diced Pear Cup – 1/2c 1%White Milk – 6oz	Crispy Chicken Drumsticks- 4 Refried Beans – 1/2c Whole Wheat Dinner Roll Fresh Banana – 1 1%White Milk 6oz	Whole Wheat 3x5 Cheese Pizza Romaine Salad w/ Dressing – 1c Fresh Orange – 1 Mozzarella Cheese Sticks – 1 1% White Milk 6oz
SNACK	"Chex Mix" crackers Mango Juice	Strawberry "waffle Grahams" crackers Orange Juice	"Educational Snacks" Cookies Paradise Juice	"Sport Bites" crackers Apple Juice	W/G Gold Fish cheddar Fruit Punch Juice
<p>Week Beginning on February 19th, 2024</p>					
BREAKFAST	<p>SCHOOL CLOSED</p>	W/G Pancakes Fruit Cocktail 1% White Milk-6 Oz.	W/G "Honey Crunch" Cereal Mandarin Orange Cup 1% White Milk 6oz	W/G Croissant & Cream Cheese Diced Pears 1% White Milk-6 Oz	W/G Loaf Apple Cinnamon Diced Peaches 1% White Milk 6 oz
LUNCH		Beef Meatloaf w/Ketchup Mashed Potatoes – 1/2c Whole Grain Bread Fresh Apple – 1 1% White Milk 6oz	W/G Grilled Cheese Sandwich Fresh Baby Carrots w/Dip ½ c Fresh Orange – 1 1% White Milk – 6oz	W/G Chicken & Cheese Quesadillas – 3 Black Beans & Corn Cup 1/2c Apple Sauce Cup 1/2C 1% White Milk 6 oz	Tony's Pizza – 4.5oz Romaine Salad w/ Dressing – 1c Fresh Orange – 1 1% White Milk 6oz
SNACK		"Super Bear Apple" cookies Paradise Juice	"Thin Utz" Crackers Apple Juice	"Cheez – ITZ" Crackers Mango Juice	W/G Gold Fish Cheddar Orange Juice
<p>Week Beginning on February 26th 2024</p>					
BREAKFAST	"Eggo" Minnie Pancakes Fruit Cocktail 1% White Milk – 6oz	Banana Muffin Diced peaches 1% Milk – 6oz	French Toast Apple Sauce Cup 1% White Milk-6 Oz.	Cinnamon Toast Cereal Diced Mandarin 1% White Milk – 6oz	
LUNCH	Chicken Burger – 3oz on a Wheat Hamburger Bun Broccoli Florets – 1/2c Fresh Orange – 1 1% White Milk 6oz	Whole Grain Fiesta Beef & Cheese Wrap – 1 Cold Corn Cup – 1/2c Applesauce Cup – 1/2c 1% White Milk 6oz	W/G Sun Butter & Strawberry Jelly Uncrustable – 1 Celery Sticks – 1/2c w/ Dip Fresh Apple – 1 1% White Milk 6oz	Teriyaki Beef Dippers – 3oz Black Beans – ½ c Wheat Dinner Roll – 1 Mixed Fruit Cup – 1/2c 1% White Milk 6oz	
SNACK	W/G Sun Chip Water/Apple Juice	W/G Gold Fish cheddar Orange Juice	Animal Crackers Mango Juice	"Veggie" Crackers Sun Butter Fruit Punch Juice	

Menu is subject to change anytime.