



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 May 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>		<p>Honey Bunches of Oats Mandarin cup 1% White Milk- 6oz</p>	<p>French Toast Strawberry Applesauce cup 1% White Milk- 6oz</p>	<p>Cinnamon Chex Bowl Cereal Pineapple Cup 1% White Milk- 6oz</p>
LUNCH			<p>W/G Cheeseburger Calzone - 5oz. Celery Sticks w/ Dip - 1/2c. Fresh Banana - 1 1% White Milk-6 oz.</p>	<p>Grilled Teriyaki Chicken Fillet on Wheat Hamburger Bun -1 Diced Carrots - 3/4c. Fresh Banana - 1 1% White Milk- 6oz</p>	<p>Whole Wheat 3x5 Cheese Pizza-1 3 Bean Salad Cup Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.</p>
SNACK			<p>Raisin's w/Vanilla Yogurt Water</p>	<p>Educational Snacks Orange Juice</p>	<p>W/G Sun chips Apple Juice</p>
<p>Week Beginning on May 6th, 2024</p>					
BREAKFAST	<p>Pancake Sandwich Mandarin cup 1% White Milk-6 oz</p>	<p>W/G Cornflakes cereal Pineapple cup 1% White Milk-6 oz.</p>	<p>W/G Eggo Mini Applesauce cup 1% White Milk-6 oz.</p>	<p>W/G Croissants with Cream Cheese Peach cup 1% White Milk-6 oz.</p>	<p>Blueberry Muffin Fruit Cocktail- 1/2c 1% White Milk-6 oz.</p>
LUNCH	<p>W/G Mini Cheese Quesadillas - 3 Mixed Vegetables - 1/2c Fresh Apple - 1 1% White Milk-6 oz.</p>	<p>WG Beef and cheese fiesta wrap-1 Celery Sticks w/ Dip Applesauce Cup 1% White Milk-6 oz.</p>	<p>Cheese Lasagna with Meat Sauce-4 oz. Green Beans-1/2 c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 1% White Milk-6 oz.</p>	<p>Beef Meatloaf w/ Ketchup-3 oz. French Fries-1/2c. Whole Wheat Dinner Roll - 1 Mixed Fruit Cup-1/2 c. 1% White Milk-6 oz.</p>	<p>Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread - 1 Fresh Orange-1 1% White Milk-6 oz.</p>
SNACK	<p>W/G Gold fish snacks Mango Juice</p>	<p>Pretzel Heart shaped Paradise Juice</p>	<p>"Chex Mix Crackers" Orange Juice</p>	<p>String Cheese Fruit Punch</p>	<p>Tortilla chips with Salsa Apple Juice</p>
<p>Week Beginning on May 13th, 2024</p>					
BREAKFAST	<p>W/G Eggo Mini Applesauce cup 1% White Milk-6 oz.</p>	<p>French Toast Mandarin cup 1% White Milk-6 oz.</p>	<p>W/G Loaf Corn Bread Peach cup 1% White Milk-6 oz.</p>	<p>Pancake Sandwich Fruit Cocktail- 1/2c 1% White Milk-6 oz.</p>	<p>Honey Bunches of Oats Strawberry Applesauce cup 1% White Milk-6 oz.</p>
LUNCH	<p>Salisbury Steak -2oz. w/ Teriyaki Sauce Tater Tots Diced Pear Cup Whole Wheat Dinner Roll -1 1% White Milk-6 oz.</p>	<p>W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-1/2 c. Fresh Apple-1 Whole Grain Bread - 1 1% White Milk-6 oz.</p>	<p>All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Fresh Banana-1 1% White Milk-6 oz.</p>	<p>Grilled Chicken Fillet with Gravy-3 oz. Mashed Potatoes-1/2 c. Applesauce Cup Whole Grain Bread -1 1% White Milk-6 oz.</p>	<p>Cheese Pizza Calzone - 5oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 1% White Milk-6 oz.</p>
SNACK	<p>String Cheese Paradise Juice</p>	<p>W/G Gold fish snacks Fruit Punch</p>	<p>REDUCED DAY</p>	<p>"Chex Mix Crackers" Mango Juice</p>	<p>Raisin's w/Peach Yogurt Water</p>
<p>Week Beginning on May 20th, 2024</p>					
BREAKFAST	<p>W/G Corn Flakes Pineapple cup 1% White Milk-6 oz.</p>	<p>W/G Loaf Corn Bread Peach cup 1% White Milk-6 oz.</p>	<p>W/G Croissants with Cream Cheese Fruit Cocktail- 1/2c 1% White Milk-6 oz.</p>	<p>Honey Bunches of Oats Strawberry Applesauce cup 1% White Milk-6 oz.</p>	<p>W/G Eggo Mini Pineapple cup 1% White Milk-6 oz.</p>
LUNCH	<p>Chicken Burger Whole Wheat Bun-1 Diced Carrots - 3/4c. Mandarin Orange Cup 1% White Milk-6 oz.</p>	<p>BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries Fresh Apple-1 1% White Milk-6 oz.</p>	<p>Baked zity w/sauce 8oz peas 1/2c Whole Grain Bread - 1 Applesauce cup 1% White Milk-6 oz.</p>	<p>Turkey & Cheese W/G Potato Bun Fresh Baby Carrots w/Dip- 1/2c Diced Pear cup 1% White Milk-6 oz.</p>	<p>Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread Fresh Orange-1 1% White Milk-6 oz.</p>
SNACK	<p>Educational Snacks Apple Juice</p>	<p>Tortilla chips w/Salsa Water</p>	<p>W/G Gold fish snacks Fruit Punch</p>	<p>W/G Sun chips Orange Juice</p>	<p>Pretzel Heart shaped Water</p>
<p>Week Beginning on May 27th, 2024</p>					
BREAKFAST	<p>SCHOOL CLOSED</p>		<p>Blueberry Muffin Fruit Cocktail- 1/2c 1% White Milk-6 oz.</p>	<p>Pancake Sandwich Mandarin cup 1% White Milk-6 oz.</p>	<p>Cinnamon Chex Bowl Cereal Applesauce cup 1% White Milk-6 oz.</p>
LUNCH			<p>Beef Bologna & Cheese on Whole Grain Bread - 1 Fresh Baby Carrots w/ Dip-3/4 c. Fresh Apple-1 1% White Milk-6 oz.</p>	<p>W/G Breaded Chicken Patty on Wheat Hamburger Bun - 1 French Fries Diced Pear Cup 1% White Milk-6 oz.</p>	<p>W/G Cheeseburger Calzone - 5oz. Celery Sticks w/ Dip - 1/2c. Fresh Banana - 1 1% White Milk-6 oz.</p>
SNACK			<p>Educational Snacks Paradise Juice</p>	<p>Tortilla chips w/Salsa Water</p>	<p>String Cheese Apple Juice</p>

Menu is subject to change anytime.