



# PUERTO RICAN COMMUNITY CENTER INC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free.</b></p>						
<b>BREAKFAST</b>	<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>					
<b>LUNCH</b>						
<b>SNACK</b>						
<p><b>Week Beginning on June 3rd, 2024</b></p>						
<b>BREAKFAST</b>	W/G Cornflakes cereal Fruit Cocktail- 1/2c 1% White Milk- 6oz	W/G Croissants with Cream Cheese Applesauce cup 1% White Milk-6 oz.	Cinnamon Chex Cereal Pineapple cup 1% White Milk-6 oz.	Pancake Sandwich Mandarin cup 1% White Milk-6 oz.	Honey Bunches of Oats Cereal Fruit Cocktail- 1/2c 1% White Milk-6 oz.	
<b>LUNCH</b>	Teriyaki Beef Dippers - 3oz. Diced Carrots - 3/4c. Wheat Dinner Roll - 1 Mixed Fruit Cup-1/2c. 1% White Milk-6 oz	Crispy Chicken Drumsticks-4 Seasoned Diced Potatoes -1/2c. Whole Wheat Dinner Roll-1 Fresh Banana-1 1% White Milk-6 oz.	Beef Meatloaf w/ Ketchup-3 oz Oriental Mixed Vegetables-1/2c Pineapple Cup -1/2c Wheat Dinner Roll - 1 1% White Milk-6 oz.	W/G Grilled Cheese Sandwich - 1 Celery Sticks -1/2c w/ Dip Fresh Banana - 1 1% White Milk-6 oz.	Whole Wheat 3x5 Cheese Pizza1 Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.	
<b>SNACK</b>	Raisin's w/ Peach Yogurt Water	Educational Snacks Paradise Juice	<b>REDUCED DAY</b>	String Cheese Fruit Punch	Raisin's w/ Vanilla Yogurt Water	
<p><b>Week Beginning on June 10th, 2024</b></p>						
<b>BREAKFAST</b>	Cinnamon Chex cereal Applesauce cup 1% White Milk-6 oz.	Pancake Sandwich Peach cup 1% White Milk-6 oz.	W/G Loaf Apple Cinnamon Fruit Cocktail- 1/2c 1% White Milk-6 oz.	W/G Eggo Mini Strawberry Applesauce cup 1% White Milk-6 oz.	W/G Croissants with Cream Cheese Applesauce cup 1% White Milk-6 oz.	
<b>LUNCH</b>	W/G Chicken Nuggets-4 Mixed Vegetables-1/2 c. Diced Pear Cup-1/2 c. Whole Wheat Dinner Roll 1% White Milk-6 oz.	Cheese Ravioli w/ Spaghetti Sauce-4 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-3/4 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.	Turkey Pepperoni Calzone - 5oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 1% White Milk-6 oz.	
<b>SNACK</b>	String Cheese Water	W/G Sun chips Fruit Punch	Raisin's w/ Peach Yogurt Water	Educational Snacks Paradise Juice	Raisin's w/ Vanilla Yogurt Water	
<p><b>Week Beginning on June 17th, 2024</b></p>						
<b>BREAKFAST</b>	W/G Loaf Apple Cinnamon Fruit Cocktail- 1/2c 1% White Milk-6 oz.	W/G Eggo Mini Applesauce cup 1% White Milk-6 oz.	<b>SCHOOL CLOSED</b>	W/G Corn Flakes cereal Fruit Cocktail- 1/2c 1% White Milk-6 oz.	W/G Loaf Corn Bread Strawberry Applesauce cup 1% White Milk-6 oz.	
<b>LUNCH</b>	Breaded Chicken Patty on a Whole Wheat Bun-1 Corn-1/2 c. Mandarin Orange Cup-1/2 c. 1% White Milk-6 oz.	Salisbury Steak -2oz. w/ Teriyaki Sauce Tater Tots - 1/2c Diced Pear Cup-1/2 c. Whole Wheat Dinner Roll -1 1% 1% White Milk-6 oz.		Crispy Chicken Drumsticks-4 Seasoned Diced Potatoes -1/2c Whole Wheat Dinner Roll Fresh Banana-1 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.	
<b>SNACK</b>	Educational Snacks Water	String Cheese Paradise Juice		Raisin's w/ Peach Yogurt Water	W/G Sun chips Fruit Punch	
<p><b>Week Beginning on June 24th, 2024</b></p>						
<b>BREAKFAST</b>	Pancake Sandwich Strawberry Applesauce cup 1% White Milk-6 oz	W/G Loaf Corn Bread Fruit Cocktail- 1/2c 1% White Milk-6 oz.	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	
<b>LUNCH</b>	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. French Fries - 1/2c. Whole Grain Bread Fresh Apple-1 1% White Milk-6 oz.				
<b>SNACK</b>	<b>REDUCED DAY</b>					

Menu is subject to change anytime.

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