



PUERTO RICAN COMMUNITY CENTER, INC.

NOTE: EVERY YOGURT MEETS THE SUGAR REQUIREMENTS, ALL JUICE IS 100% JUICE NO ADDED SUGARS, MILK SERVED IS 1% FAT FREE.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
BREAKFAST	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.									
LUNCH										
SNACK										

WEEK BEGINNING ON FEBRUARY 3, 2025

BREAKFAST	W/G BANANA MUFFIN MIXED FRUIT CUP 1% WHITE MILK-6 OZ.	W/G CORN CHEX CEREAL DICED PEAR CUP 1% WHITE MILK-6 OZ.	W/G SCOOTERS CEREAL APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G CORN FLAKES CEREAL PEACH CUP 1% WHITE MILK-6 OZ.	MINI BAGELS STRAWBERRY CREAM CHESE MANDARIN CUP 1% WHITE MILK-6 OZ.
LUNCH	W/G CHICKEN NUGGETS-4 CORN-1/2 C. FRESH ORANGE -1 WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ.	BBQ BEEF RIBLET ON WHEAT HAMBURGER BUN - 1 DICED CARROTS - 3/4C FRESH APPLE - 1 1% WHITE MILK-6 OZ.	BEEF TACOS W/ SHREDDED CHEDDAR CHEESE ON W/G FLOUR TORTILLAS -2 CELERY STICKS -1/2C W/ DIP FRESH BANANA -1 1% WHITE MILK-6 OZ.	TURKEY ON A W/G POTATO BUN-1 FRESH BABY CARROTS DICED PEAR CUP-1/2 C. 1% WHITE MILK-6 OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA ROMAINE SALAD W/ DRESSING FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
SNACK	ANIMALS CRACKERS FRUIT PUNCH JUICE	SUNRISE CRACKERS CHERRY YOGURT	UTZ PRETZEL MIXED FRUIT CUP	SABORY PIZZA CRACKERS APPLE JUICE	BEAR CRACKERS PEAR CUP

WEEK BEGINNING ON FEBRUARY 10, 2025

BREAKFAST	W/G CORN FLAKES CEREAL STRAWBERRY APPLESauce 1% WHITE MILK-6 OZ.	W/G MARSHMALLOW CEREAL MIXED FRUIT CUP 1% WHITE MILK-6 OZ.	W/G SCOOTERS CEREAL PEACH CUP 1% WHITE MILK-6 OZ.	W/G CINNA MAON TOAST PEAR CUP 1% WHITE MILK-6 OZ.	EGGO MINI PANCAKE PINEAPPLE CUP 1% WHITE MILK-6 OZ.
LUNCH	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.	W/G PIZZA CRUNCHERS- 4 GREEN BEANS-1/2 C. MIXED FRUIT CUP- 1/2C 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. FRESH APPLE - 1 WHOLE GRAIN BREAD 1% WHITE MILK-6 OZ.	W/G PIZZA BAGEL - 5OZ ROMAINE SALAD W/ DRESSING- 1 C. FRESH ORANGE-1 1% WHITE MILK-6 OZ.
SNACK	W/G HONEY GRAHAM CRACKERS APPLE JUICE	SUN CHIPS PEACH CUP	UTZ PRETZEL PEAR CUP	STRAWBERRY/BANANA YOGURT GRANOLA	W/G HONEY GRAHAM CRACKERS ORANGE/TANGERINE JUICE

WEEK BEGINNING ON FEBRUARY 17,2025

BREAKFAST		W/G CORN FLAKES CEREAL PEACH CUP 1% WHITE MILK-6 OZ.	W/G HONEY BUNCHES OF OATS CEREAL MIXED FRUIT CUP 1% WHITE MILK-6 OZ.	W/G MARSHMALLOW CEREAL MANDARIN CUP 1% WHITE MILK-6 OZ.	W/G BLUEBERRY MUFFIN PEAR CUP 1% WHITE MILK-6 OZ.
LUNCH		BASIL & MOZZARELLA CHICKEN MEATBALLS ON WHEAT HOT DOG BUN - 1 MIXED VEGETABLES - 1/2C FRESH APPLE - 1 1% WHITE MILK-6 OZ.	W/G FIESTA BEEF & CHEESE WRAP-1 BLACK BEAN & CORN CUP - 1/2C FRESH APPLE - 1 1% WHITE MILK-6OZ.	W/G CAVATAPPI PASTA & BROCCOLI W/ ALFREDO SAUCE WHOLE WHEAT DINNER ROLL FRESH APPLE - 1 1% WHITE MILK-6 OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA 3 BEAN SALAD CUP - 1/2C FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
SNACK		TOSTITOS SCOOPS BAKED CHIP SAUCE CUP	CHAT SNAX VANILLA CRUNCH APPLE JUICE	BEAR CRACKERS MANDARIN CUP	SUNRISE CRACKERS BERRY JUICE

WEEK BEGINNING ON FEBRUARY 24, 2025

BREAKFAST	W/G HONEY BUNCHES OF OATS CEREAL MANDARIN CUP 1% WHITE MILK-6 OZ.	W/G BLUEBERRY CHEX CEREAL STRAWBERRY APPLESauce CUP 1% WHITE MILK-6 OZ.	W/G CINNA MAON TOAST CEREAL MIXED FRUIT CUP 1% WHITE MILK-6 OZ.	W/G COCOA PUFF CEREAL PEACH CUP 1% WHITE MILK-6 OZ.	W/G CINNAMON STICKS PEAR CUP 1% WHITE MILK-6 OZ.
LUNCH	GRILLED BBQ CHICKEN FILLET ON A W/W BUN-1 MIXED VEGETABLES-1/2 C. MIXED FRUIT CUP-1/2 C. 1% WHITE MILK-6 OZ.	BEEF MEATLOAF W/ KETCHUP- 3 FRENCH FRIES - 1/2C. WHOLE GRAIN BREAD FRESH PEAR - 1 1% WHITE MILK-6 OZ.	W/G CHICKEN DRUMMIES -4 DICED CARROTS - 3/4C WHEAT DINNER ROLL - 1 FRESH BANANA - 1 1% WHITE MILK-6 OZ.	MACARONI & CHEESE - 6OZ BROCCOLI FLORETS - 1/2C MIXED FRUIT CUP - 1/2C W/G BREAD - 1 1% WHITE MILK-6OZ..	W/G PIZZA BAGEL - 5OZ ROMAINE SALAD W/ DRESSING- 1 C. FRESH ORANGE-1 1% WHITE MILK-6 OZ.
SNACK	W/G BEAR CRACKERS MANGO JUICE	W/G HONEY GRAHAM CRACKERS PINEAPPLE CUP	SUN CHIPS BERRY JUICE	VANILLA YOGURT RAISINS	W/G SUNRISE BITES CRACKERS APPLE JUICE

Menu is subject to change anytime.