




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 |
|---|--|--|--|---|--|
| WEEK BEGINNING ON MARCH 3, 2025 | | | | | |
| BREAKFAST | W/G CORN FLAKES CEREAL MANDARIN CUP 1% WHITE MILK-6 OZ. | W/G CHEX BLUEBERRY CEREAL PEAR CUP 1% WHITE MILK-6 OZ. | W/G HONEY BUNCHES OF OATS CEREAL MIXED FRUIT CUP 1% WHITE MILK-6 OZ. | W/G SCOOTERS CEREAL PEACH CUP 1% WHITE MILK-6 OZ. | W/G WAFFLE STICKS APPLESAUCE CUP 1% WHITE MILK-6 OZ. |
| LUNCH | W/G CHICKEN NUGGETS - 3.5OZ DICED CARROTS - 3/4C FRESH ORANGE - 1 WHOLE GRAIN BREAD - 1 1% WHITE MILK-6 OZ. | HOT TURKEY W/ GRAVY- 3OZ MASHED POTATOES - 1/2C FRESH APPLE - 1 WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ. | GRILLED CHICKEN FILLET WITH GRAVY-3 OZ. MASHED POTATOES-1/2 C. FRESH BANANA-1 WHOLE GRAIN BREAD -1 1% WHITE MILK-6 OZ. | MACARONI & CHEESE - 6OZ. MIXED VEGETABLES - 1/2C WHOLE GRAIN BREAD -1 FRESH APPLE-1 1% WHITE MILK-6 OZ. | WHOLE WHEAT 3X5 CHEESE PIZZA ROMAINE SALAD W/ DRESSING-1 C. FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ. |
| SNACK | CHANT SNAX VANILLA CRUNCH APPLE JUICE | EDUCATIONAL CRACKERS VANILLA YOGURT | UTZ PRETZEL PEAR CUP | SUN CHIPS MANGO JUICE | SUNRICE CRACKERS PEACH CUP |
| WEEK BEGINNING ON MARCH 10, 2025 | | | | | |
| BREAKFAST | W/G TRIX CEREAL PEACH CUP 1% WHITE MILK-6 OZ. | W/G CHEERIOS CEREAL PEAR CUP 1% WHITE MILK-6 OZ. | W/G CINNAMON TOAST MANDARIN CUP 1% WHITE MILK-6 OZ. | W/G CORN FLAKES CEREAL MIXED FRUIT CUP 1% WHITE MILK-6 OZ. | W/G BANANA MUFFIN PEACH CUP 1% WHITE MILK-6 OZ. |
| LUNCH | W/G MINI CHEESE QUESADILLAS - 3 MIXED VEGETABLES - 1/2C DICED PEACH CUP - 1/2C 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 1% WHITE MILK-6 OZ. | W/G CHICKEN NUGGETS - 3.5OZ MIXED VEGETABLES WHOLE GRAIN BREAD PEAR CUP 1% WHITE MILK-6 OZ. | 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. | W/G PIZZA BAGEL - 5OZ ROMAINE SALAD W/ DRESSING-1 C. FRESH BANANA-1 1% WHITE MILK-6 OZ. |
| SNACK | ANIMAL CRACKERS FRUIT PUNCH JUICE | SUNRISE CRACKERS VANILLA YOGURT | REDUCED DAY | SABORY PIZZA CRACKERS APPLE JUICE | SUN CHIP PEAR CUP |
| WEEK BEGINNING ON MARCH 17, 2025 | | | | | |
| BREAKFAST | W/G "MARSHMALLOW" CEREAL MANDARIN CUP 1% WHITE MILK-6 OZ. | W/G CINNAMON TOAST CEREAL 1% WHITE MILK-6 OZ. | W/G SCOOTERS CEREAL PEACH CUP 1% WHITE MILK-6 OZ. | "W/G COCOA PUFFS" CEREAL PEAR CUP 1% WHITE MILK-6 OZ. | EGGO MINI PANCAKE PINEAPPLE CUP 1% WHITE MILK-6 OZ. |
| LUNCH | SALISBURY STEAK -2OZ. W/ GRAVY TATER TOTS - 1/2C MIXED FRUIT CUP-1/2C WHOLE WHEAT DINNER ROLL -1 1% WHITE MILK-6 OZ. | 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. | W/G CHEESE MANICOTTI-2 W/ SAUCE DICED CARROTS-3/4 C. WHEAT DINNER ROLL - 1 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 WHEAT DINNER ROLL -1 1% WHITE MILK-6 OZ. | W/G PIZZA CRUNCHERS-4 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 MARCH 24, 2025 | | | | | |
| BREAKFAST | W/G CHEX CEREAL APPLESAUCE CUP 1% WHITE MILK-6 OZ. | W/G CORN FLAKES CEREAL PEACH CUP 1% WHITE MILK-6 OZ. | W/G HONEY BUNCHES OF OATS 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 | CHICKEN BURGER WHOLE WHEAT BUN-1 DICED CARROTS - 3/4C. PEACH APPLESauce CUP- 1/2C 1% WHITE MILK-6 OZ. | BEEF MEATBALLS PARMESAN ON WHEAT HOT DOG BUN-1 CORN - 1/2C. STRAWBERRY APPLESauce-1/2C 1% WHITE MILK-6 OZ. | BEEF MEATLOAF W/ KETCHUP DICED CARROTS-3/4 C. DICED PEAR CUP-1/2 C. WHOLE GRAIN BREAD-1 1% WHITE MILK-6 OZ. | CHICKEN MEATBALLS W/ TERIYAKI SAUCE - 3OZ. ORIENTAL MIXED VEGETABLES FRESH APPLE-1 WHOLE WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ. | WHOLE WHEAT 3X5 CHEESE PIZZA ROMAINE SALAD W/ DRESSING FRESH APPLE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ. |
| SNACK | UTZ PRETZEL PEACH YOGURT | BAKED TOSTITOS SCOOPS CHIPS SAUCE CUP | CHANT SNAX VANILLA CRUNCH APPLE JUICE | BEAR CRACKERS MANDARIN CUP | SUNRISE CRACKERS BERRYS JUICE |
| WEEK BEGINNING ON MARCH 31, 2025 | | | | | |
| BREAKFAST | W/G CHEERIOS CEREAL PEAR CUP 1% WHITE MILK-6 OZ. |  | <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 | BEEF MEATBALLS PARMESAN ON WHEAT HOT DOG BUN-1 CORN - 1/2C. STRAWBERRY APPLESauce 1% WHITE MILK-6 OZ. | | | | |
| SNACK | ANIMAL CRACKERS FRUIT PUNCH JUICE | | | | |

Menu is subject to change anytime.

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