

Breakfast Menu/ Menu del Desayuno

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
1 Low Sodium Fish Sticks Bran Flakes Hash Brown Pineapple Juice Ketchup	2 Scrambled Eggs Grits White Bread Yogurt Apple Juice	3 Turkey Sausages Whole Wheat Pancakes Orange Juice	4 Spanish Omelet Oatmeal & Raisins Wheat Bread Pineapple Juice	5 Beef Sausage Patties Corn Flakes English Muffin Grape Juice Ketchup
8 Low Sodium Sausage Patties Farina Dinner Roll Fresh Oranges Orange Juice	9 Low Sodium Fish Sticks Grits Blueberry Muffin Pineapple Juice	10 Maple Sausages Cream of Wheat English Muffin Pineapple Slices Apple Juice	11 Low Sodium Ham Bran Flakes French Toast Yogurt Apple Juice	12 Boiled Eggs Oatmeal/ Cinnamon Wheat Bread Orange Juice Raisins
15 Scramble Eggs Cheerios Home Fries Apple Juice	16 Turkey Sausage Oatmeal/ Cinnamon Whole Wheat French Toast Grape Juice	17 Low Sodium Spam Farina English Muffin Pineapple Slice Orange Juice	18 Fried Eggs Wheaties Flakes Dinner Roll Apple Slices Grape Juice	19 Whole Wheat Grilled Cheese Low Sodium Corn Flakes Bananas Pineapple Juice
22 Low Sodium Sausage Patties Farina Home Fries Fruit Cup Orange Juice	23 Western Omelet Wheat Flakes Wheat Bread Yogurt Apple Juice	24 Low Sodium Fish Sticks Grits Hash Brown Ketchup Grape Juice	25 Maple Sausages Cheerios Whole Wheat Pancakes Pineapple Juice	26 Fried Egg Low Sodium Ham English Muffin Sliced Peaches Orange Juice
29 Low Sodium Fish Sticks Bran Flakes Hash Brown Pineapple Juice Ketchup	30 Scrambled Eggs Grits White Bread Yogurt Apple Juice	31 Turkey Sausages Whole Wheat Pancakes Orange Juice		

Please note that milk (Whole / 1%) and margarine is served with every meal.

Lunch Menu/ Menu del Almuerzo

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
1 Italian Sausages/ Onions, Green & Red Peppers Egg Noodle Italian Vegetables & Carrots Italian Bread Pineapple Slices Grape Juice	2 Salisbury Steak w/ Beef Gravy Mashed Potatoes Kale White Bread Orange Slices Pineapple Juice	3 Meat Lasagna Tomatoes, Cucumber & Tossed Salad Garlic Bread Fresh Apple Chicken Noodles Soup	4 Breaded Filet w/ Tartar Sauce Roasted Potato Green Beans & Diced Peppers Dinner Roll Fresh Grapes Orange Juice	5 Roast Pork Vegetables Rice Green Beans & Baby Carrots White Bread Apple Sauce Orange Juice
8 Veal Parmesan Ziti w/ Tomato Sauce Tossed Salad w/ Dressing and Chick Peas Garlic Bread Mixed Fruit Vegetable Juice	9 Pepper Steak w/ Pepper & Onions White Rice Roasted Broccoli & Carrots Rye Bread Apple Slices Orange Juice	10 Parmesan Eggplant w/ Tomato Sauce Egg Noodles Garden Salad Italian Bread Fresh Orange Pineapple Juice	11 Shepherd Pie Lettuce & Tomatoes Wheat Bread Fruited Jell-O Apple Juice	12 Stewed Bacalao Yuca & Onions Garden Salad w/ Olive Oil & Vinegar White Bread Apple Sauce Grape Juice
15 Baked Pork Chop White Rice Pinto Beans Turnip Greens Wheat Bread Fresh Apple Orange Juice	16 Cheese Burger Home Fries Lettuce & Sliced Tomatoes Hamburger Bun Fresh Orange Pineapple Juice	17 Oven Fried Chicken Glazed Yams Broccoli & Cauliflower Dinner Roll Fresh Mandarin Barley Soup	18 Cube Steak in Tomato Sauce Macaroni Cut Green Beans & Baby Carrots White Bread Fruited Jell-O Apple Juice	19 Baked Tilapia w/ Lemon Baked Potatoes Spinach & Diced Carrots Wheat Bread Bananas Grape Juice
22 Baked Ziti w/ Low Sodium Cheese and Meat Sauce Broccoli & Carrots Garlic Bread Apple Slices Chicken Noodles Soup	23 BBQ Ribs Potato Salad Peas & Carrots Italian Bread Fruited Jell-O Pineapple Juice	24 Breaded Pork Chops Egg Noodles Garden Salad White Bread Sliced Peaches Apple Juice	25 Corned Beef Baked Potato Cabbage & Green Peppers Wheat Bread Fresh Pears Orange Juice	26 Oven Fried Fish White Rice Baby Carrots & Green Beans Dinner Roll Fresh Orange Split Peas Juice
29 Italian Sausages/Onions, Green & Red Peppers Egg Noodle Italian Vegetables & Carrots Italian Bread Pineapple Slices Grape Juice	30 Salisbury Steak w/ Beef Gravy Mashed Potatoes Kale White Bread Orange Slices Pineapple Juice	31 Meat Lasagna Tomatoes, Cucumber & Tossed Salad Garlic Bread Fresh Apple Chicken Noodles Soup		

Please note that milk (Whole / 1%) and margarine is served with every meal.