



School Information:



Nutrition Tip:

My plate recommends: Get started cooking more often at Home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up cooking more often.

Monday

Tuesday

Wednesday

Thursday

Friday

Empty meal card with a blue circle containing the number 1.

Empty meal card with a blue circle containing the number 2.

CHEESE PIZZA
CORN AND CAULIFLOWER
FRESH FRUIT SALAD
PIZZA BREAD
MILK

BEEF CHILI W/ DICED
MIXED PEPPER, ONION,
TOMATOES AND CHEESE
GREEN BEAN WITH
CARROT
FRESH FRUIT SALAD
WHITE RICE
MILK

TILAPIA
BROCCOLI
FRESH FRUIT SALAD
MASHED POTATOES
MILK

BLACK BEANS SOUP W/
DICED ONION, PEPPER
SQUASH WITH CARROT
FRESH FRUIT SALAD
WHITE RICE
MILK

SALMON TERIYAKI
BROCCOLI
FRESH FRUIT SALAD
MASHED POTATOES
MILK

MACARONI & CHEESE W/
DICED HOT DOG
CAULIFLOWER AND CORN
FRESH FRUIT SALAD
MACARONI
MILK

CHICKPEAS STEWED WITH
DICED CARROT, CELERY,
ONION, MIXED PEPPER AND
ZUCCHINI
BAKED PLANTAIN MADURO
FRESH FRUIT SALAD
WHITE RICE
MILK

CLOSED

BLACK BEANS SOUP W/
DICED ONION, TOMATOES
MIXED VEGETABLES
FRESH FRUIT SALAD
RICE
MILK

MEATBALL W/ SPAGHETTI
BROCCOLI AND CORN
FRESH FRUIT SALAD
SPAGHETTI
MILK

LENTIL CHILLI WITH
DICED ONION, MIXED
PEPPER, TOMATOES,
CELERY AND CHEESE
BAKED PLANTAIN
FRESH FRUIT SALAD
WHITE RICE
MILK

JAMAICA JERK CHICKEN
CREAM SPINACH
FRESH FRUIT SALAD
RICE WITH VEGETABLES
MILK

CHEESE PIZZA
CARROT AND
CAULIFLOWER
FRESH FRUIT SALAD
PIZZA BREAD
MILK

BLACK BEANS SOUP W/
DICED ONION,
TOMATOES
ZUCCHINI AND CARROT
FRESH FRUIT SALAD
RICE
MILK

OVEN FRIED CHICKEN
TENDERS
PEAS AND CARROT
FRESH FRUIT SALAD
FRENCH FRIES WITH KETCHUP
MILK

CHICKPEAS WITH
TOMATOES SAUCE
SQUASH AND CORN
FRESH FRUIT SALAD
WHITE RICE
MILK

BEEF A RONI
CAULIFLOWER
FRESH FRUIT SALAD
MACARONI
MILK

TILAPIA
BROCCOLI
FRESH FRUIT SALAD
YELLOW RICE WITH
DICED MIXED PEPPER, ONION
AND CARROT
MILK

BLACK BEANS SOUP W/
DICED ONION, MIXED
PEPPER
MIXED VEGETABLES
FRESH FRUIT SALAD
WHITE RICE
MILK

MACARONI & CHEESE W/
DICED HOT DOG
CAULIFLOWER AND CORN
FRESH FRUIT SALAD
MACARONI
MILK

GRILLED CHICKEN
RED FRIEN BEAN
FRESH FRUIT SALAD
RICE WITH MIXED
VEGETABLES
MILK

FISH STICK W/ KETCHUP
GREEN BEAN AND CARROT
FRESH FRUIT SALAD
MASHED POTATOES
MILK

EGGS FRIED RICE WITH
PEAS, CARROT, GREEN
ONION, MUSHROOM, MIXED
PEPPER, ONION
FRESH FRUIT SALAD
MILK