



PUERTO RICAN COMMUNITY CENTER INC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Note: Every yogurt meets the sugar requirements, all JUICE is 100% JUICE no added sugars, milk served is 1% fat free.</p>					
<p>Week Beginning on September 2nd 2024</p>					
BREAKFAST	<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>			<p>Corn Flakes Cereal Fruit Cocktail 1% White Milk - 6oz</p>	<p>Chex Rice Cereal Strawberry/Applesauce Cup 1% White Milk- 6oz</p>
LUNCH				<p>Grilled Teriyaki Chicken Fillet on wheat Hamburger Bun – 1 Diced Carrots – 3/4c. Applesauce Cup – 1/2c. 1% White Milk. – 6oz</p>	<p>Whole Wheat 3x5 Cheese Pizza-1 Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz.</p>
SNACK				<p>Tortilla Chips with Salsa Mango Juice</p>	<p>Sun chips Orange/Tangerine Juice</p>
<p>Week Beginning on September 9th 2024</p>					
BREAKFAST	<p>WG/ Pancakes with Syrup Mandarin cups 1% White Milk-6 oz</p>	<p>Banana Muffin Pineapple cup 1% White Milk-6 oz.</p>	<p>W/G Eggo Mini Apple sauce 1% White Milk-6 oz.</p>	<p>W/G Croissants with Cream Cheese Fruit Cocktail 1% White Milk-6 oz.</p>	<p>W/G Cereal "Honey Bunches" Diced Peaches 1% White Milk-6 oz.</p>
LUNCH	<p>W/G Mini Cheese Quesadillas 3 Mixed Vegetables 1/2c Diced Peach Cup- 1/2c 1% White Milk-6 Oz.</p>	<p>Grilled Chicken Fillet with Gravy -3 oz. Mashed Potatoes – 1/2c Fresh baby Carrots w/Dip-3/4c. Applesauce Cup – 1/2c. 1% White Milk-6 oz.</p>	<p>Cheese Lasagna with Meat Sauce – 4 oz Green Beans – 1/2c Whole Wheat Dinner Roll – 1 Fresh Banana- 1 1% White Milk-6 oz.</p>	<p>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.</p>	<p>Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread - 1 Fresh Orange-1 1% White Milk-6 oz..</p>
SNACK	<p>Raisin's w/Vanilla Yogurt Water</p>	<p>Pretzel thin UTZ Orange Juice</p>	<p>W/G Gold fish crackers Mango Juice</p>	<p>All Sport Bite crackers Fruit Punch</p>	<p>"Simple Chex" Cheddar crackers Apple Juice</p>
<p>Week Beginning on September 16th 2024</p>					
BREAKFAST	<p>W/G Pancake Mini Maple Eggo Mandarin Orange Cup 1% White Milk-6 oz.</p>	<p>French Toast sticks Apple Sauce cups 1% White Milk-6 oz.</p>	<p>W/G Loaf Apple Cinnamon Diced Peaches 1% White Mik-6 oz.</p>	<p>Pancake Sandwich Fruit Cocktail 1% White Milk-6 oz.</p>	<p>Blueberry Muffin Strawberry Applesauce cup 1% White Milk-6 o</p>
LUNCH	<p>Salisbury Steak – 2oz W/ Gravy Tater Tots – 1/2 c Mixed Fruit Cup – 1/2c Whole Wheat Dinner Roll - 1 1% White Milk-6 oz.</p>	<p>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.</p>	<p>All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Fresh Banana-1 1% White Milk-6 oz.</p>	<p>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.</p>	<p>Cheese Pizza Calzone- 5 oz. Romaine Salad w/ Dressing-1 c. Fresh Orange-1 Mozzarella Cheese Sticks-1 1% White Milk-6 oz</p>
SNACK	<p>Animal Crackers Paradise Juice</p>	<p>W/G Gold fish crackers Fruit Punch</p>	<p>REDUCE DAY</p>	<p>All Sport Bite crackers Mango Juice</p>	<p>W/G Sun chips Orange Juice</p>
<p>Week Beginning on September 23rd 2024</p>					
BREAKFAST	<p>Cinnamon Toast Crunch Cereal Pineapple cups 1% White Milk-6 oz.</p>	<p>W/G Loaf Corn Bread Diced Peaches 1% White Milk-6 oz.</p>	<p>W/G Pancakes Fruit Cocktail 1% White Milk-6 oz.</p>	<p>W/G Corn Flakes Strawberry Applesauce cup 1% White Milk-6 oz.</p>	<p>W/G Croissants with Cream Cheese Fruit Cocktail 1% White Milk-6 oz.</p>
LUNCH	<p>Chicken Burger Whole Wheat Bun-1 Diced Carrots - 1/2c. Peach Applesauce Cup-1/2 c. 1% White Milk-6 oz.</p>	<p>BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 1/2c. Fresh Apple-1 1% White Milk-6 oz..</p>	<p>W/G Mini Cheese Quesadillas -3 Mixed Vegetables - /2c Diced Peach Cup – 1/2c 1% White Milk-6 oz.</p>	<p>Chicken Meatballs w/Teriyaki Sauce – 3oz Oriental Mixed Vegetables – 1/2c Fresh Apple – 1 Whole Wheat Dinner Roll - 1 1% White Milk-6 oz</p>	<p>Macaroni and Cheese-6 oz. Broccoli Florets-1/2 c. Whole Grain Bread - 1 Fresh Orange-1 1% White Milk-6 oz..</p>
SNACK	<p>Educational crackers Apple Juice</p>	<p>Pretzel thin UTZ Mango Juice</p>	<p>All Sport Bite Crackers Fruit Punch</p>	<p>W/G Sun chips Orange Juice</p>	<p>String Cheese Part Skim Fruit Punch Juice</p>
<p>Week Beginning on September 30th 2024</p>					
BREAKFAST	<p>French Toast Diced Peaches 1% White Milk- 6 oz.</p>				
LUNCH	<p>Cheese Ravioli w/ Spaghetti Sauce-3.5oz Corn – 1/2c Strawberry Applesauce – 1/2c Wheat Dinner Roll - 1 1% White Milk-6 oz.</p>				
SNACK	<p>Graham Vanilla Bear Orange Juice</p>				

Menu is subject to change anytime.