




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 OCTOBER 1, 2024					
BREAKFAST		BLUEBERRY MUFFIN PINEAPPLE CUP 1% WHITE MILK-6 OZ.	WHOLE CROISSANTS WITH CREAM CHEESE-1 DICED PEACH CUP 1% WHITE MILK-6 OZ.	MULTIGRAIN CHEERIOS CEREAL-1 OZ. MANDARIN CUP 1% WHITE MILK-6 OZ.	FRENCH TOAST APPLESAUCE CUP 1% WHITE MILK-6 OZ.
LUNCH		BBQ BEEF RIBLET ON WHEAT HAMBURGER BUN - 1 DICED CARROTS 3/4C FRESH APPLE 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% WHITE MILK-6 OZ	W/G GRILLED CHEESE SANDWICH - 1 BLACK BEAN & CORN CUP FRESH APPLE 1% WHITE MILK-6OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA-1 ROMAINE SALAD W/ DRESSING FRESH ORANGE MOZZARELLA CHEESE STICK 1% WHITE MILK-6 OZ.
SNACK		W/G VANILLA DINO BITE CRACKERS-1 OZ. FRUIT PUNCH JUICE	WHOLE GRAIN HONEY GRAHAM CRACKERS-3 APPLE JUICE	WHOLE GRAIN HONEY GRAHAM CRACKERS-3 ORANGE/TANGERINE JUICE	W/G CINNAMON GRANOLA NON-FAT PEACH YOGURT-4 OZ.
WEEK BEGINNING ON OCTOBER 7, 2024					
BREAKFAST	W/G CORN FLAKES CEREAL FRESH APPLE-1 1% WHITE MILK-6 OZ.	EGGO WAFFLE MANDARIN CUP 1% WHITE MILK-6 OZ.	W/G CROISSANT WITH MARGARINE - 2.2 OZ. APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G SCOOTERS CEREAL-1 OZ. PINEAPPLE CUP 1% WHITE MILK-6 OZ.	W/G CRANBERRY MUFFIN MANDARIN ORANGE CUP 1% WHITE MILK-6 OZ.
LUNCH	W/G CHICKEN NUGGETS-4 MIXED VEGETABLES DICED PEAR CUP WHOLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.	CHEESE RAVIOLI W/ SPAGHETTI SAUCE-4 OZ. GREEN BEANS-1/2 C. MIXED FRUIT CUP WHOLE GRAIN BREAD 1% WHITE MILK-6 OZ.	ALL BEEF HAMBURGER WHOLE WHEAT BUN-1 DICED CARROTS-3/4 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.	TONY'S PIZZA - 4.5OZ. ROMAINE SALAD W/ DRESSING. FRESH ORANGE-1 1% WHITE MILK-6 OZ.
SNACK	W/G CHOCOLATE BEAR GRAHAMS-2 APPLE JUICE	HONEY CRACKERS MANGO JUICE	REDUCED DAY	WHOLE GRAIN CHEESE GOLDFISH COLORS-.8 OZ. ORANGE/TANGERINE JUICE	CRACKERS SABORY PIZZA APPLE JUICE
WEEK BEGINNING ON OCTOBER 14, 2024					
BREAKFAST	W/G CINNAMON FROSTE FLAKES CEREAL-1 OZ. APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G CORN CHEX CEREAL-1 OZ. PINEAPPLE CUP-1/2 C. 1% WHITE MILK-6 OZ.	BLUEBERRY MUFFIN BANANA FRESH 1% WHITE MILK-6 OZ.	W/G CORN FLAKES CEREAL APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G CROISSANT WITH CREAM CHESSE DICED PEAR CUP 1% WHITE MILK-6 OZ.
LUNCH	BREADED CHICKEN PATTY ON A WHOLE WHEAT BUN-1 CORN-1/2 C. MANDARIN ORANGE CUP-1/2 C. 1% WHITE MILK-6 OZ.	W/G SPAGHETTI & BEEF MEATBALLS - 3OZ. MIXED VEGETABLES - 1/2C FRESH APPLE - 1 WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ.	TURKEY ON A W/G POTATO BUN-1 FRESH BABY CARROTS W/ DIP DICED PEAR CUP-1/2 C. 1% WHITE MILK-6 OZ.	CRISPY CHICKEN DRUMMIES-4 SEASONED DICED POTATOES WHOLE WHEAT DINNER ROLL FRESH APPLE - 1 1% WHITE MILK-6 OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA ROMAINE SALAD W/ DRESSING FRESH ORANGE MOZZARELLA CHEESE STICKS 1% WHITE MILK-6 OZ.
SNACK	WHOLE GRAIN HONEY GRAHAM CRACKERS-3 APPLE JUICE	W/G MINI PRETZELS-1 GRAPE JUICE	PRETZEL THIN UTZ ORANGE/TANGERINE JUICE	WHOLE GRAIN WHEAT BEAR COOKIES MANGO JUICE	W/G CINNAMON GRANOLA NON-FAT BLUEBERRY YOGURT-4 OZ.
WEEK BEGINNING ON OCTOBER 21, 2024					
BREAKFAST	W/G CROISSANT WITH CREAM CHESSES DICED PEAR CUP 1% WHITE MILK-6 OZ.	PANCAKE APPLE FILLED PEACH CUP 1% WHITE MILK-6 OZ.	W/G BANANA MUFFIN-2 OZ. APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G RAISIN BREAD WITH MARGARINE-1 SLICE PINEAPPLE CUP 1% WHITE MILK-6 OZ.	MULTIGRAIN CHEERIOS CEREAL-1 OZ. STRAWBERRY APPLESauce 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 FRENCH FRIES WHOLE GRAIN BREAD FRESH PEAR 1% WHITE MILK-6 OZ.	W/G SPAGHETTI & BEEF MEATBALLS MIXED VEGETABLES FRESH APPLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.	MACARONI & CHEESE - 6OZ BLACK BEAN & CORN CUP - 1/2C MIXED FRUIT CUP - 1/2C 1% WHITE MILK - 6OZ	TURKEY AND CHEESE ON A W/G POTATO BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. FRESH ORANGE-1 1% WHITE MILK-6 OZ.
SNACK	EDUCATIONAL CRACKERS MANGO JUICE	ALL SPORT BITE CRACKERS FRUIT PUNCH	REDUCED DAY	WHOLE GRAIN CHEESE GOLDFISH COLORS-.8 OZ. GRAPE JUICE	W/G CINNAMON GRANOLA-1 NON-FAT STRAWBERRY/BANANA YOGURT-4 OZ.
WEEK BEGINNING ON OCTOBER 28, 2024					
BREAKFAST	W/G CORN FLAKES CEREAL CUP APPLESauce 1% WHITE MILK	CEREAL MARSHMALLOW MATES POST PEACH CUP 1% WHITE MILK	WAFFLE MINI MAPLE EGGO FRUIT MIX CUP 1% WHITE MILK	Banana muffin Cup mix fruit 1% white milk-6oz	<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	TERIYAKI BEEF DIPPERS - 3OZ. DICED CARROTS - 3/4C. WHEAT DINNER ROLL - 1 MIXED FRUIT CUP-1/2C. 1% WHITE MILK-6 OZ.	CRISPY CHICKEN DRUMMIES-4 SEASONED DICED POTATOES -1/2C. WHOLE WHEAT DINNER ROLL-1 FRESH BANANA - 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.	W/G Grilled Cheese Sandwich - 1 Black Bean & Corn Cup - 1/2c Fresh Apple - 1 1% White Milk-6oz	
SNACK	WHOLE GRAIN MAPLE SUNRISE BITE CRACKERS GRAPE JUICE	W/G SUN CHIPS MANGO JUICE	CHIPS TOSTITOS SCOOP BAKED SAUCE CUP APPLE JUICE	PRETZEL THIN UTZ ORANGE/TANGERINE JUICE	

Menu is subject to change anytime.