

## PUERTO RICAN COMMUNITY CENTER, INC.

NOTE:				IUICE NO ADDED SUGA	ARS, MILK SERVED IS 1% FAT FREE.
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		WEE	BEGINNING ON OCTOBER		
BREAKFAST	and the same of th	BLUEBERRY MUFFIN	WHOLE CROISSANTS WITH CREAM CHEESE-1	MULTIGRAIN CHEERIC CEREAL-1 OZ.	FRENCH TOAST
DREAKFAST	and the second second	PINEAPPLE CUP	DICED PEACH CUP	MANDARIN CUP	APPLESAUCE CUP
		1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ	
	216161		BEEF TACOS W/		WHOLE WHEAT 3X5 CHEESE PIZZA-1
LUNCH	VIL	BBQ BEEF RIBLET ON	SHREDDED	W/G GRILLED CHEES	E ROMAINE SALAD W/ DRESSING
	TIM W	WHEAT HAMBURGER	CHEDDAR CHEESE ON	SANDWICH - 1	FRESH ORANGE MOZZARELLA
		BUN - 1	W/G FLOUR TORTILLAS -2	BLACK BEAN & CORN (	
		DICED CARROTS 3/4C FRESH APPLE	CELERY STICKS -1/2C W/ DIP	FRESH APPLE	1% WHITE MILK-6 OZ.
		1% WHITE MILK 6 OZ.	FRESH BANANA	1% WHITE MILK-6OZ	··· [
		170 WHITE MIER 6 02.	1% WHITE MILK-6 OZ		
SNACK	· 🍎 🎉 🌁	W/G VANILLA DINO			
11.		BITE	WHOLE GRAIN HONEY	WHOLE GRAIN HONE	Y W/G CINNAMON GRANOLA
	AND THE PARTY OF THE PARTY.	CRACKERS-1 OZ.	GRAHAM CRACKERS-3	GRAHAM CRACKERS	
		FRUIT PUNCH JUICE	APPLE JUICE	ORANGE/TANGERINE JU	UICE
	MIC CODN EL AVEC	VVEE	BEGINNING ON OCTOBER		
DDEAKEAGE	W/G CORN FLAKES CEREAL	EGGO WAFFLE	W/G CROISSANT WITH MARGARINE - 2.2 OZ,	W/G SCOOTERS	WC CRANDEDDY MUEEN
BREAKFAST	FRESH APPLE-1	MANDARIN CUP	APPLESAUCE CUP	CEREAL-1 OZ. PINEAPPLE CUP	W/G CRANBERRY MUFFIN
	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ	MANDARIN ORANGE CUP  Z. 1% WHITE MILK-6 OZ.
	W/G CHICKEN NUGGETS-	CHEESE RAVIOLI W/	170 VVIII E MIEK-0 02.	178 VVIII E MIER-6 OZ	- 1% VVNITE WILK-8 OZ.
LUNCH	4	SPAGHETTI	ALL BEEF HAMBURGER	GRILLED CHICKEN FILI	LET TONY'S PIZZA - 4.5OZ.
LUNCH	MIXED VEGETABLES	SAUCE-4 OZ.	WHOLE WHEAT BUN-1	WITH GRAVY-3 OZ.	ROMAINE SALAD W/ DRESSING.
1 Sec. 1 3-1	DICED PEAR CUP	GREEN BEANS-1/2 C.	DICED CARROTS-3/4	MASHED POTATOES-1/	
A STATE OF BUT	WHOLE WHEAT DINNER	MIXED FRUIT CUP	FRESH BANANA-1	FRESH APPLE - 1	1% WHITE MILK-6 OZ.
	ROLL	WHOLE GRAIN BREAD	1% WHITE MILK-6 OZ.	WHOLE GRAIN BREA	
	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.		1% WHITE MILK-6 OZ	
SNACK	W/G CHOCOLATE	HOMEY OF A OVERS		WHOLE GRAIN CHEES	
	BEAR GRAHAMS-2 APPLE JUICE	HONEY CRACKERS MANGO JUICE	REDUCED DAY	GOLDFISH COLORS8	
	ALLE SOICE		BEGINNING ON OCTOBER	ORANGE/TANGERIN	E APPLE JUICE
	W/G CINNAMON FROSTE	W/G CORN CHEX	BEGINNING ON OCTOBER	14, 2024	W/G CROISSANT WITH
BREAKFAST	FLAKES CEREAL-1 OZ.	CEREAL-1 OZ.	BLUEBERRY MUFFIN	W/G CORN FLAKES CER	
DICEART AST	APPLESAUCE CUP	PINEAPPLE CUP-1/2 C.	BANANA FRESH	APPLESAUCE CUP	
	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ	
	BREADED CHICKEN	W/G SPAGHETTI &	TURKEY ON A	CRISPY CHICKEN DRUM	
LUNCH	PATTY ON A	BEEF	W/G POTATO BUN-1	4	ROMAINE SALAD W/ DRESSING
	WHOLE WHEAT BUN-1	MEATBALLS - 3OZ.	FRESH BABY CARROTS	SEASONED DICED	FRESH ORANGE
	CORN-1/2 C.	MIXED VEGETABLES -	W/ DIP	POTATOES	MOZZARELLA CHEESE STICKS
	MANDARIN ORANGE	1/2C	DICED PEAR CUP-1/2 C.	WHOLE WHEAT DINN	ER 1% WHITE MILK-6 OZ.
	CUP-1/2 C. 1% WHITE MILK-6 OZ.	FRESH APPLE - 1	1% WHITE MILK-6 OZ.	ROLL	
	1 % VVIII E WILK-6 OZ.	WHEAT DINNER ROLL -		FRESH APPLE - 1 1% WHITE MILK-6 OZ	.
		1% WHITE MILK-6 OZ.		1 % WHITE WILK-6 OZ	
SNACK	WHOLE GRAIN HONEY			WHOLE GRAIN WHEA	AT W/G CINNAMON GRANOLA
	GRAHAM CRACKERS-3	W/G MINI PRETZELS-1	PRETZEL THIN UTZ	BEAR COOKIES	NON-FAT BLUEBERRY YOGURT-4 OZ.
	APPLE JUICE	GRAPE JUICE	ORANGE/TANGERINE	MANGO JUICE	and infection decided in state and interest to train it to interest and any and
			JUICE		
	W/C CDOIGCANT WITH		BEGINNING ON OCTOBER		
DDEAKEAGE	W/G CROISSANT WITH CREAM CHESSES	PANCAKE APPLE FILLED	W/G BANANA MUFFIN-2	W/G RAISIN BREAD WI	
BREAKFAST	DICED PEAR CUP	PEACH CUP	OZ. APPLESAUCE CUP	MARGARINE-1 SLICE PINEAPPLE CUP	E CEREAL-1 OZ. STRAWBERRY APPLESAUCE
	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ.	1% WHITE MILK-6 OZ	
				55 GOG - \$000 CONTRACTOR OF THE DESCRIPTION OF THE PROPERTY OF	
Linion	GRILLED BBQ CHICKEN FILLET ON A W/W BUN-1	BEEF MEATLOAF W/	W/G SPAGHETTI & BEEF MEATBALLS	MACARONI & CHEESE -	
LUNCH	FILLE I UN A W/W BUN-1	KETCHUP		BLACK BEAN & CORN C	
		EBENION EDIES			CUP - BUN-1
	MIXED VEGETABLES-1/2	FRENCH FRIES WHOLE GRAIN BREAD	MIXED VEGETABLES	1/2C	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C.
		WHOLE GRAIN BREAD	MIXED VEGETABLES FRESH APPLE	1/2C MIXED FRUIT CUP - 1/	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. 2C FRESH ORANGE-1
	MIXED VEGETABLES-1/2 C.		MIXED VEGETABLES	1/2C	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. 2C FRESH ORANGE-1
SNACK	MIXED VEGETABLES-1/2 C. MIXED FRUIT CUP-1/2 C. 1% WHITE MILK-6 OZ. EDUCATIONAL	WHOLE GRAIN BREAD FRESH PEAR 1% WHITE MILK-6 OZ. ALL SPORT BITE	MIXED VEGETABLES FRESH APPLE WHEAT DINNER ROLL	1/2C MIXED FRUIT CUP - 1/	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. FRESH ORANGE-1 Z 1% WHITE MILK-6 OZ.
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SNACK	MIXED VEGETABLES-1/2 C. MIXED FRUIT CUP-1/2 C. 1% WHITE MILK-6 OZ. EDUCATIONAL	WHOLE GRAIN BREAD FRESH PEAR 1% WHITE MILK-6 OZ. ALL SPORT BITE CRACKERS FRUIT PUNCH	MIXED VEGETABLES FRESH APPLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.  REDUCED DAY	1/2C MIXED FRUIT CUP - 1/, 1% WHITE MILK - 60. WHOLE GRAIN CHEES GOLDFISH COLORS8 GRAPE JUICE	EUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. FRESH ORANGE-1 Z 1% WHITE MILK-6 OZ.  SE W/G CINNAMON GRANOLA-1
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	MIXED VEGETABLES-1/2 C. C. C. C. MIXED FRUIT CUP-1/2 C. 1% WHITE MILK-6 OZ. EDUCATIONAL CRACKERS MANGO JUICE	WHOLE GRAIN BREAD FRESH PEAR 1% WHITE MILK-6 OZ. ALL SPORT BITE CRACKERS FRUIT PUNCH WEEK CEREAL	MIXED VEGETABLES FRESH APPLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.  REDUCED DAY BEGINNING ON OCTOBER	1/2C MIXED FRUIT CUP - 1/. 1% WHITE MILK - 60. WHOLE GRAIN CHEES GOLDFISH COLORS8 GRAPE JUICE	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. FRESH ORANGE-1 1% WHITE MILK-6 OZ.  SE W/G CINNAMON GRANOLA-1 NON-FAT STRAWBERRY/BANANA YOGURT-4 OZ.  In Accordance With Federal Law And U.S. Department Of
	MIXED VEGETABLES-1/2 C. MIXED FRUIT CUP-1/2 C. 1% WHITE MILK-6 OZ. EDUCATIONAL CRACKERS MANGO JUICE  W/G CORN FLAKES	WHOLE GRAIN BREAD FRESH PEAR 1% WHITE MILK-6 OZ. ALL SPORT BITE CRACKERS FRUIT PUNCH WEEK CEREAL MARSHMALLOW	MIXED VEGETABLES FRESH APPLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.  REDUCED DAY BEGINNING ON OCTOBER WAFFLE MINI MAPLE	1/2C MIXED FRUIT CUP - 1/. 1% WHITE MILK - 60. WHOLE GRAIN CHEES GOLDFISH COLORS8 GRAPE JUICE 28, 2024 Banana muffin	CUP - BUN-1 FRESH BABY CARROTS W/ DIP-1/2 C. FRESH ORANGE-1 Z 1% WHITE MILK-6 OZ.  SE W/G CINNAMON GRANOLA-1 OZ. NON-FAT STRAWBERRY/BANANA YOGURT-4 OZ.  In Accordance With Federal Law And U.S. Department Of Agriculture (Usda) Policy. This Institution is Prohibited Fro
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Menu is subject to change anytime.

