



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 DECEMBER 2, 2024					
BREAKFAST	FRENCH TOAST APPLESAUCE CUP 1% WHITE MILK-6 OZ	CORN FLAKES PEACH CUP 1% WHITE MILK-6	EGGO MINI PANCAKE PINEAPPLE CUP 1% WHITE MILK-6 OZ.	CORN MUFFIN MIX FRUIT CUP 1% WHITE MILK-6 OZ.	CINNAMON STICKS MANDARIN CUP 1% WHITE MILK-6 OZ.
LUNCH	W/G CHICKEN NUGGETS-4 CORN-1/2 C. FRESH ORANGE -1 WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.	BBQ BEEF RIBLET WHEAT HAMBURGER DICED CARROTS FRESH APPLE - 1 1% WHITE MILK-6 OZ.	BEEF TACOS W/ SHREDDED CHEDDAR CHEESE ON W/G FLOUR TORTILLAS -2 CELERY STICKS -1/2C FRESH BANANA -1 1% WHITE MILK-6 OZ.	W/G FIESTA BEEF & CHEESE WRAP-1 BLACK BEAN & CORN CUP -1/2C FRESH APPLE - 1 1% WHITE MILK-6OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA-1 ROMAINE SALAD W/ DRESSING-1 C. FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
SNACK	GOLD FISH CRACKERS VERY BERRY JUICE	UTZ PRETZEL CHERRY YOGURT	SUN CHIPS MANDARIN CUP	SABORY PIZZA CRACKERS APPLE JUICE	ANIMALS CRACKERS STRAWBERRY/BANANA YOGURT-4 OZ.
WEEK BEGINNING ON DECEMBER 9, 2024					
BREAKFAST	W/G CHEX BLUEBERRY CEREAL DICED PEAR CUP 1% WHITE MILK-6 OZ.	W/G PANCAKE SANDWICH PEACH CUP 1% WHITE MILK-6 OZ.	MINI BAGELS STRAWBERRY CREAM CHEESE PINEAPPLE CUP 1% WHITE MILK-6 OZ.	W/G CHEERIOS CEREAL STRAWBERRY APPLESauce CUP 1% WHITE MILK-6 OZ.	APPLE FILLED PANCAKE PEACH CUP 1% WHITE MILK-6 OZ.
LUNCH	W/G CHICKEN NUGGETS-4 MIXED VEGETABLES DICED PEAR CUP-1/2 WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.	W/G PIZZA CRUNCHERS- 4 GREEN BEANS-1/2 MIXED FRUIT CUP WHOLE GRAIN BREAD 1% WHITE MILK-6 OZ.	ALL BEEF HAMBURGER ON WHOLE WHEAT BUN-1 DICED CARROTS-3/4 C. 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.	WHOLE WHEAT 3X5 CHEESE PIZZA-1 ROMAINE SALAD W/ DRESSING-1 C. FRESH PEAR - 1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
SNACK	"SUNRISE CRACKERS" APPLE JUICE	UTZ PRETZEL MIX FRUIT CUP	REDUCED DAY	W/G CINNAMON GRANOLA PEACH YOGURT	SABORY PIZZA CRACKERS MANGO JUICE
WEEK BEGINNING ON DECEMBER 16, 2024					
BREAKFAST	CINNAMON TOAST STRAWBERRY APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G MINI WAFFLE MANDARIN CUP 1% WHITE MILK-6 OZ.	PANCAKE WITH SAUSAGE MIX FRUIT CUP 1% WHITE MILK-6 OZ.	W/G CROISSANT WITH CREAM CHEESE DICED PEAR CUP 1% WHITE MILK-6 OZ.	CORN FLAKES MIX FRUIT CUP 1% WHITE MILK-6 OZ.
LUNCH	GRILLED CHICKEN WITH GRAVY-3 OZ. MASHED POTATOES FRESH APPLE - 1 WHOLE GRAIN BREAD 1% WHITE MILK-6 OZ.	TOMATO & BASIL CHICKEN MEATBALLS WHEAT HOT DOG BUN MIXED VEGETABLES FRESH APPLE - 1 1% WHITE MILK-6 OZ.	MACARONI & CHEESE -6OZ BLACK BEAN & CORN CUP MIXED FRUIT CUP - 1/2C 1% WHITE MILK - 6OZ	W/G CAVATAPPI PASTA & BROCCOLI W/ ALFREDO SAUCE WHOLE WHEAT DINNER ROLL FRESH APPLE - 1 1% WHITE MILK-6 OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA-1 3 BEAN SALAD CUP -1/2C FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
SNACK	W/G HONEY GRAHAM CRACKERS APPLE JUICE	W/G CINNAMON GRANOLA PEACH YOGURT	WHOLE GRAIN WHEAT BEAR COOKIES MANGO JUICE	"SUNRISE CRACKERS" MANDARIN CUP	REDUCED DAY
WEEK BEGINNING ON DECEMBER 23, 2024					
BREAKFAST	SCHOOL CLOSED				
LUNCH	SCHOOL CLOSED				
SNACK	SCHOOL CLOSED				
WEEK BEGINNING ON DECEMBER 30, 2024					
BREAKFAST				SCHOOL CLOSED	
LUNCH					
SNACK					
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Menu is subject to change anytime.