



# 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
<b>WEEK BEGINNING ON JANUARY 1, 2025</b>					
<b>BREAKFAST</b>	<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>		<b>SCHOOL CLOSED</b>	CINNAMON STICKS MANDARIN CUP 1% WHITE MILK	CORN FLAKES APPLESAUCE CUP 1% WHITE MILK
<b>LUNCH</b>				MACARONI & CHEESE - 6OZ. MIXED VEGETABLES - 1/2C WHOLE GRAIN BREAD -1 FRESH APPLE-1 1% WHITE MILK-6 OZ.	WHOLE WHEAT 3X5 CHEESE PIZZA ROMAINE SALAD W/ DRESSING FRESH ORANGE-1 MOZZARELLA CHEESE STICKS-1 1% WHITE MILK-6 OZ.
<b>SNACK</b>				GOLD FISH VERY BERRY JUICE	W/G HONEY GRAHAM CRACKERS VANILLA YOGURT
<b>WEEK BEGINNING ON JANUARY 6, 2025</b>					
<b>BREAKFAST</b>	CORN MUFFIN MIX FRUIT CUP 1% WHITE MILK-6 OZ.	W/G CHEX BLUEBERRY CEREAL DICED PEAR CUP 1% WHITE MILK-6 OZ.	W/G CROISSANT WITH CREAM CHEESSE APPLESAUCE CUP 1% WHITE MILK-6 OZ.	MINI BAGELS STRAWBERRY CREAM CHEESSE PEACH CUP 1% WHITE MILK-6 OZ.	CINNAMON TOAST MANDARIN CUP 1% WHITE MILK-6 OZ.
<b>LUNCH</b>	W/G MINI CHEESE QUESADILLAS - 3 MIXED VEGETABLES - 1/2C DICED PEACH CUP - 1/2C 1% WHITE MILK-6 OZ.	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.	CHEESE LASAGNA WITH MEAT SAUCE-4 OZ. GREEN BEANS-1/2 C. WHOLE WHEAT DINNER ROLL - 1 FRESH BANANA-1 1% WHITE MILK-6 OZ.	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.	W/G PIZZA BAGEL - 5OZ ROMAINE SALAD W/ DRESSING- 1 C. FRESH ORANGE-1 1% WHITE MILK-6 OZ.
<b>SNACK</b>	ANIMALS CRACKERS FRUIT PUNCH JUICE	SUNRISE CRACKERS CHERRY YOGURT	TOSTITOS SCOOPS BAKED CHIP SAUCE CUP	SABORY PIZZA CRACKERS APPLE JUICE	SUN CHIP PEAR CUP
<b>WEEK BEGINNING ON JANUARY 13, 2025</b>					
<b>BREAKFAST</b>	W/G BANANA MUFFIN STRAWBERRY APPLESAUCE 1% WHITE MILK-6 OZ.	W/G CROISSANT WITH CREAM CHEESSE MIX FRUIT CUP 1% WHITE MILK-6 OZ.	W/G SCOOTERS CEREAL PEACH CUP 1% WHITE MILK-6 OZ.	APPLE FILLED PANCAKE PEAR CUP 1% WHITE MILK-6 OZ.	EGGO MINI PANCAKE PINEAPPLE CUP 1% WHITE MILK-6 OZ.
<b>LUNCH</b>	SALISBURY STEAK -2OZ. W/ GRAVY TATER TOTS - 1/2C MIXED FRUIT CUP-1/2C WHOLE WHEAT DINNER ROLL 1% WHITE MILK-6 OZ.	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.	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.	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.	W/G PIZZA CRUNCHERS-4 ROMAINE SALAD W/ DRESSING FRESH ORANGE-1 1% WHITE MILK-6 OZ.
<b>SNACK</b>	W/G HONEY GRAHAM CRACKERS APPLE JUICE	SUN CHIPS PEACH CUP	<b>REDUCED DAY</b>	STRAWBERRY/BANANA YOGURT GRANOLA	W/G HONEY GRAHAM CRACKERS ORANGE/TANGERINE JUICE
<b>WEEK BEGINNING ON JANUARY 20, 2025</b>					
<b>BREAKFAST</b>	<b>SCHOOL CLOSED</b>		W/G CORN FLAKES PEACH CUP 1% WHITE MILK-6 OZ.	HONEY BUNCHES OF OATS MIX FRUIT CUP 1% WHITE MILK-6 OZ.	W/G MARSHMALLOW CEREAL MANDARIN CUP 1% WHITE MILK-6 OZ.
<b>LUNCH</b>			BBQ BEEF RIBLET WHEAT HAMBURGER BUN - 1 FRENCH FRIES - 1/2C. FRESH APPLE-1 1% WHITE MILK-6 OZ.	TRI COLOR TORTELLINI WITH ALFREDO SAUCE - 3OZ DICED CARROTS-3/4 C. DICED PEAR CUP-1/2 C. WHOLE GRAIN BREAD- 1 1% WHITE MILK-6 OZ.	CHICKEN MEATBALLS W/ TERIYAKI SAUCE - 3OZ. ORIENTAL MIXED VEGETABLES FRESH APPLE-1 WHOLE WHEAT DINNER ROLL -1 1% WHITE MILK-6 OZ.
<b>SNACK</b>			TOSTITOS SCOOPS BAKED CHIP SAUCE CUP	CHAT SNAX VANILLACRUNCH APPLE JUICE	BEAR CRACKERS MANDARIN CUP
<b>WEEK BEGINNING ON JANUARY 27, 2025</b>					
<b>BREAKFAST</b>	HONEY BUNCHES OF OATS MANDARIN CUP 1% WHITE MILK-6 OZ.	W/G BLUEBERRY CHEX STRAWBERRY APPLESAUCE CUP 1% WHITE MILK-6 OZ.	W/G CINNA MAON TOAST MIX FRUIT CUP 1% WHITE MILK-6 OZ.	<b>SCHOOL CLOSED</b>	
<b>LUNCH</b>	BASIL & MOZZARELLA CHICKEN MEATBALLS W/ SAUCE - 3OZ. CORN - 1/2C. STRAWBERRY APPLESAUCE-1/2C WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ.	W/G CHICKEN NUGGETS - 3.5OZ DICED CARROTS - 3/4C FRESH ORANGE - 1 WHOLE GRAIN BREAD - 1 1% WHITE MILK-6 OZ.	HOT TURKEY W/ GRAVY- 3OZ MASHED POTATOES - 1/2C FRESH APPLE - 1 WHEAT DINNER ROLL - 1 1% WHITE MILK-6 OZ.		
<b>SNACK</b>	W/G HONEY GRAHAM CRACKERS MANGO JUICE	W/G HONEY GRAHAM CRACKERS PINEAPPLE CUP	SUN CHIPS VERY BERRY JUICE		

Menu is subject to change anytime.