## Bridgeprep VG Main (3)

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Fruit	Fruit	Fruit	Juice	Fruit
Cereal	Blueberry Muffin	Cornbread	Fruit	Toast Jelly
Milk	Milk	Milk	English Muffin	Milk
LUNCH:	LUNCH:	LUNCH:	Cream Cheese & Jelly	LUNCH:
Roasted Pork Stew	Chicken Strips	Ropa Vieja	Milk	Cheeseburger
Roll	Brown Rice	Roll	LUNCH:	Lettuce & Tomatoes
Mashed Potatoes	Mixed Green Salad	Moro	Chick <mark>en Ter</mark> iyaki	Mustard, Mayo, Ketchup
Mixed Vegetables	dressing	Green Peas	Brown Rice	Carrots & Green Beans
Fruit	Corn	Seasonal Fresh Fruits	Broccoli	Fruit
Milk	Fruit	Milk	Fruit	Milk
SNACK:	Milk	SNACK:	Milk	SNACK:
Yogurt	SNACK:	Juice	SNACK:	Milk
Fruit	Poptarts	Fish Crackers	Lady Finger	Ritz Crackers
	Juice		Pudding	
16	17	18	19	20
	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
	Fruit	Fruit	Fruit	Fruit
	Bagel cream cheese	Banana Bread	Waffles Syrup	Whole Wheat Toast
	Milk	Milk	Milk	Butter & Jelly
	LUNCH:	LUNCH:	LUNCH:	Milk
	Beef Picadillo	Beef Ravioli	Cuban Stew w/Carrots	LUNCH:
	Rice	Garlic Bread	Brown Rice	Pizza
	Lentil Soup	Steamed Spinach	Mixed Vegetables	Tossed Salad dressing
	Carrots	Fruits	Fruit	Tomatoes
NO	Fruits	Milk	Milk	Corn
CLASSES	Milk	SNACK:	SNACK:	Fruits
	SNACK:	Graham Crackers	Rice Krispies Treat	Milk
	Yogurt	Milk	Juice	SNACK:
	Fruits			Milk
				Banana Bread



Happy New Year inutrispa Catering Service

## Bridgeprep VG Main (3)

24 BREAKFAST: Cinnamon Apples	25 <u>BREAKFAST:</u> Oranges Wedges	26 BREAKFAST: Peears	27 <u>BREAKFAST:</u> Juice
Cinnamon Apples			
French Toast (1 ½ slice) Syrup Milk LUNCH: Beefaroni Garlic Bread Steamed Spinach Mixed Salad w/tomatoes dressing Fruit Salad Milk <u>SNACK:</u> Ham (sliced) Whole Wheat Bread Mayo	Fruit Muffin Milk <u>LUNCH:</u> Picadillo (Turkey) WG Bread Congri (Brown Rice) Carrots Tropical Mixed Fruits Milk <u>SNACK:</u> Goldfish Juice	Cinnamon Raisin Bagel Cream Cheese Milk LUNCH: Ham in Sauce Brown Rice Mixed Vegetables Mandarin Oranges Milk <u>SNACK:</u> Fruit Gelatin Wheat Thin Crackers	Fresh Fruit Cereal** Toast <b>butter &amp; jelly</b> Milk <u>LUNCH:</u> Arroz con Pollo w/peas WG Bread Broccoli Peaches Milk <u>SNACK:</u> Pretzels Juice
& Mustard 31			
BREAKFAST: Seasonal Fruits Sauce Biscuit Milk LUNCH: Chicken Nuggets <i>ketchup</i> Brown Rice Corn & Green Beans Fruit Milk <u>SNACK:</u> Brownies Milk			
,	Milk LUNCH: Beefaroni Garlic Bread Steamed Spinach Aixed Salad w/tomatoes <i>dressing</i> Fruit Salad Milk <u>SNACK:</u> Ham (sliced) Whole Wheat Bread Mayo <u>&amp; Mustard</u> 31 <u>BREAKFAST:</u> Seasonal Fruits Sauce Biscuit Milk <u>LUNCH:</u> thicken Nuggets <i>ketchup</i> Brown Rice Corn & Green Beans Fruit Milk <u>SNACK:</u> Brownies	MilkLUNCH: Picadillo (Turkey)BeefaroniWG BreadGarlic BreadCongri (Brown Rice)Steamed SpinachCarrotsAixed Salad w/tomatoesTropical Mixed FruitsdressingMilkFruit SaladSNACK: JuiceMilkGoldfishSNACK:JuiceHam (sliced)JuiceWhole Wheat Bread Mayo & MustardSNACK: Seasonal FruitsBREAKFAST: Seasonal Fruits Sauce Biscuit Milk LUNCH:SNACK: Sauce Biscuit Milk LUNCH:Shack: Shack: Brown Rice Corn & Green Beans Fruit Milk SNACK: BrowniesSNACK: SNACK: SNACK: Brownies	MilkLUNCH:MilkLUNCH:Picadillo (Turkey)LUNCH:BeefaroniWG BreadHam in SauceGarlic BreadCongri (Brown Rice)Brown RiceSteamed SpinachCarrotsMixed VegetablesAixed Salad w/tomatoesTropical Mixed FruitsMandarin OrangesdressingMilkMilkFruit SaladSNACK:SNACK:MilkGoldfishFruit GelatinSNACK:JuiceWheat Thin CrackersHam (sliced)JuiceWheat Thin CrackersVhole Wheat Bread Mayo & MustardSNACK:SNACK:Sauce BiscuitMilkSNACK:MilkLUNCH:SNACK:MilkLUNCH:SNACK:MilkSNACK:SNACK:Sauce BiscuitSNACK:MilkSNACK:MilkSNACK:Brown RiceSNACK:Corn & Green BeansFruitFruitMilkSNACK:SNACK:BrowniesSNACK:

