

# Bridgeprep VG Main (3)

Monday	Tuesday	Wednesday	Thursday	Friday
9	10	11	12	13
<p><u>BREAKFAST:</u> Fruit Cereal Milk</p> <p><u>LUNCH:</u> Roasted Pork Stew Roll Mashed Potatoes Mixed Vegetables Fruit Milk</p> <p><u>SNACK:</u> Yogurt Fruit</p>	<p><u>BREAKFAST:</u> Fruit Blueberry Muffin Milk</p> <p><u>LUNCH:</u> Chicken Strips Brown Rice Mixed Green Salad <i>dressing</i> Corn Fruit Milk</p> <p><u>SNACK:</u> Poptarts Juice</p>	<p><u>BREAKFAST:</u> Fruit Cornbread Milk</p> <p><u>LUNCH:</u> Ropa Vieja Roll Moro Green Peas Seasonal Fresh Fruits Milk</p> <p><u>SNACK:</u> Juice Fish Crackers</p>	<p><u>BREAKFAST:</u> Juice Fruit English Muffin <i>Cream Cheese &amp; Jelly</i> Milk</p> <p><u>LUNCH:</u> Chicken Teriyaki Brown Rice Broccoli Fruit Milk</p> <p><u>SNACK:</u> Lady Finger Pudding</p>	<p><u>BREAKFAST:</u> Fruit Toast <i>Jelly</i> Milk</p> <p><u>LUNCH:</u> Cheeseburger Lettuce &amp; Tomatoes <i>Mustard, Mayo, Ketchup</i> Carrots &amp; Green Beans Fruit Milk</p> <p><u>SNACK:</u> Milk Ritz Crackers</p>
16	17	18	19	20
	<p><u>BREAKFAST:</u> Fruit Bagel <i>cream cheese</i> Milk</p> <p><u>LUNCH:</u> Beef Picadillo Rice Lentil Soup Carrots Fruits Milk</p> <p><u>SNACK:</u> Yogurt Fruits</p>	<p><u>BREAKFAST:</u> Fruit Banana Bread Milk</p> <p><u>LUNCH:</u> Beef Ravioli Garlic Bread Steamed Spinach Fruits Milk</p> <p><u>SNACK:</u> Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Fruit Waffles <i>Syrup</i> Milk</p> <p><u>LUNCH:</u> Cuban Stew w/Carrots Brown Rice Mixed Vegetables Fruit Milk</p> <p><u>SNACK:</u> Rice Krispies Treat Juice</p>	<p><u>BREAKFAST:</u> Fruit Whole Wheat Toast <i>Butter &amp; Jelly</i> Milk</p> <p><u>LUNCH:</u> Pizza Tossed Salad <i>dressing</i> Tomatoes Corn Fruits Milk</p> <p><u>SNACK:</u> Milk Banana Bread</p>

# 2017



Happy New Year

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Monday	Tuesday	Wednesday	Thursday	Friday
23	24	25	26	27
	<p><b>BREAKFAST:</b> Cinnamon Apples French Toast (1 ½ slice) <b>Syrup</b> Milk</p> <p><b>LUNCH:</b> Beefaroni Garlic Bread Steamed Spinach Mixed Salad w/tomatoes <b>dressing</b> Fruit Salad Milk</p> <p><b>SNACK:</b> Ham (sliced) Whole Wheat Bread <i>Mayo &amp; Mustard</i></p>	<p><b>BREAKFAST:</b> Oranges Wedges Fruit Muffin Milk</p> <p><b>LUNCH:</b> Picadillo (Turkey) WG Bread Congri (Brown Rice) Carrots Tropical Mixed Fruits Milk</p> <p><b>SNACK:</b> Goldfish Juice</p>	<p><b>BREAKFAST:</b> Pears Cinnamon Raisin Bagel <b>Cream Cheese</b> Milk</p> <p><b>LUNCH:</b> Ham in Sauce Brown Rice Mixed Vegetables Mandarin Oranges Milk</p> <p><b>SNACK:</b> Fruit Gelatin Wheat Thin Crackers</p>	<p><b>BREAKFAST:</b> Juice Fresh Fruit Cereal** Toast <b>butter &amp; jelly</b> Milk</p> <p><b>LUNCH:</b> Arroz con Pollo w/peas WG Bread Broccoli Peaches Milk</p> <p><b>SNACK:</b> Pretzels Juice</p>
30	31			
<p><b>BREAKFAST:</b> Juice Cereal Fresh Fruit Milk</p> <p><b>LUNCH:</b> Macaroni &amp; Cheese Garlic Bread Black Eyed Peas Broccoli Fruit Milk</p> <p><b>SNACK:</b> Tortilla Chips w/ Cheese Dip</p>	<p><b>BREAKFAST:</b> Seasonal Fruits Sauce Biscuit Milk</p> <p><b>LUNCH:</b> Chicken Nuggets <i>ketchup</i> Brown Rice Corn &amp; Green Beans Fruit Milk</p> <p><b>SNACK:</b> Brownies Milk</p>			

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