
















Week Commencing: 8<sup>th</sup> Aug; 29<sup>th</sup> Aug; 19<sup>th</sup> Sep; 10<sup>th</sup> Oct; 31<sup>th</sup> Oct; 21<sup>st</sup> Nov; 12<sup>th</sup> Dec

Week 1	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
Breakfast	Ham & Cheese Delaware	Pastelitos de Perro	Baleadas	Pupusas de Quesillo	Plátano con frijoles y crema
Optional Breakfast	Assorted Pastries	Pancakes/Waffles	Pan con frijoles	Catrachas	<b>School's Favorite!</b> Pizza
LUNCH of the DAY Elementary	<b>Cheese Please!</b> Grilled Cheese, Fries & Crunchy Carrots	<b>Mama Mia!</b> Spaghetti with our yummy tomato & meat sauce and Salad	<b>School's Favorite!</b> Chicken Fingers/Nuggets & Fries	Soft Chicken/Beef Tacos on corn tortillas with chismol and salsa	
Middle & High School	Chicken Cordon Bleu, Rice w/ peas and mixed salad				Salpicón con arroz y frijoles
Optional Lunches	Pizza	Cheesy Garlicky Baguette	Green Heaven Sandwich	Chicken Quesadillas	Calzones & Palitroques
Desserts	Cheesecake	Chocolate Cake	Brownies	Karate Pops	Ice cream Bars

Week Commencing: 15<sup>th</sup> Aug; 05<sup>th</sup> Sep; 26<sup>th</sup> Sep; 17<sup>th</sup> Oct; 7<sup>th</sup> Nov; 28<sup>th</sup> Nov

Week 2	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
Breakfast	Corn Dogs	Breakfast Bagel	American Breakfast	Big Taco	Chalupas
Optional Breakfast	Kibbes/Sambuses	Hash Browns	Baleadas	Burritas Catrachas	<b>School's Favorite!</b> Pizza
LUNCH of the DAY Elementary	<b>Chicken Please!</b> Drummies (fried chicken drummets) with Mac & Cheese	<b>Burger Day!!</b> Hamburgers, Cheeseburgers & Fries	Arroz con Pollo y Ensalada de Lechuga	Peanut Butter & Jelly with Cheesy Delicious Broccoli Trees	
Middle & High School	Broccoli Beef, saffron rice and tomato salad			<b>Mama Mia!</b> Lasagna & Mixed Salad	Chicken Soup
Optional Lunches	Pizza	Churrasco Sandwich	Chicken wrap	Choripan	Calzones & Palitroques
Desserts	Churro Español	Flan de Coco	Cup Cakes	Pilones	ChocoBananos

Week Commencing: 22<sup>th</sup> Aug; 12<sup>th</sup> Sep; 3<sup>rd</sup> Oct; 24<sup>th</sup> Oct; 14<sup>th</sup> Nov; 05<sup>th</sup> Dec

Week 3	MONDAY 	TUESDAY 	WEDNESDAY 	THURSDAY 	FRIDAY 
Breakfast	Ham & Cheese Omelet w/toast	Breakfast Burrito	Honduran Breakfast	Pupusas de Quesillo	Tortilla frita on quesillo
Optional Breakfast	Hummus & Pita	French Toast Sticks	Sincronizadas	Catrachas	<b>School's Favorite!</b> Pizza
LUNCH of the DAY Elementary	Twin Mini Burgers, fries and Crispy Cucumber Sticks	Marmaon con pollo & Ensalada	<b>School's Favorite!</b> Chicken Fingers/Nuggets & Fries	Hot Ham & Cheese Sandwich, chips and creamy corn	
Middle & High School	Bistec Encebollado con arroz azafranado y plátano horneado			Meatloaf, white rice and red beet salad	Carne Mechada c/arroz y frijoles
Optional Lunches	Pizza	Baked Italian Sub	Cuban Sandwich	Tuna Salad bagel	Calzones & Palitroques
Desserts	Tres leches	Carrot Cake	Brownies	Karate Pops	Ice cream Bars