

# SECOND CHOICE MENU

## MONDAYS & FRIDAYS

### SUNBUTTER & JELLY SANDWICH

SunButter & Grape Jelly on Whole Grain Bread  
Served with a Cheese Stick

### YOGURT MEAL

Flavored Yogurt & Sunflower Seeds  
Assorted Muffins, Granola,  
Grahams or Nutri-Grain Bars

## TUESDAY - THURSDAY

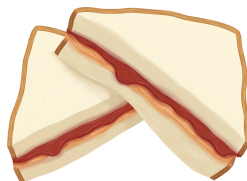
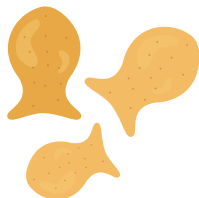
### FRESH TOSSED SALAD

With Plant-Based Chicken

Fritos or Goldfish  
Assorted Dressing

### SURPRISE HOT LUNCH

FRUIT, VEGETABLES & LOW-FAT MILK OFFERED DAILY



MENU IS SUBJECT TO CHANGE  
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# MENÚ DE SEGUNDA OPCIÓN

## LUNES Y VIERNES

### SÁNDWICH DE MANTEQUILLA DE GIRASOL Y MERMELADA

Mantequilla de girasol y mermelada de uva sobre pan integral acompañado de un palito de queso

### COMIDA DE YOGUR

Yogur saborizado y semillas de girasol  
Muffins variados, granola,  
barritas Graham o Nutri-Grain

## MARTES – JUEVES

### ENSALADA FRESCA MIXTA

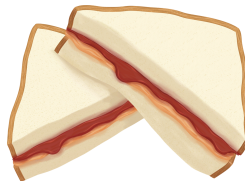
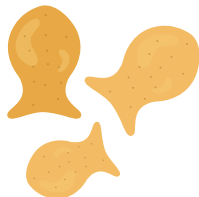
Con pollo a base de plantas

Fritos o Goldfish

Aderezo variado

### ALMUERZO CALIENTE SORPRESA

FRUTAS, VERDURAS Y LECHE BAJA EN GRASA SE OFRECEN DIARIAMENTE.



EL MENÚ ESTÁ SUJETO A CAMBIOS.  
ESTA INSTITUCIÓN ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES.