



# CILA WEEKLY MENU

## MONDAY

**Breakfast:** Yogurt and granola or cereal

**Lunch:** Chicken parm patty or pasta with meat sauce

**Side:** Green peas and apple sauce

## TUESDAY

**Breakfast:** Muffin or cereal

**Lunch:** Fajita chicken or pork tamale

**Side:** Roasted bell peppers, corn, and banana

## WEDNESDAY

**Breakfast:** Cereal or English muffin

**Lunch:** Cheese or pepperoni pizza

**Side:** Salad, cucumber, and orange

## THURSDAY

**Breakfast:** Blueberry bagel or cereal

**Lunch:** Bulgogi beef or teriyaki chicken

**Side:** Brown rice, stir-fry cabbage, and banana

## FRIDAY

**Breakfast:** Cereal bar or cereal

**Lunch:** Cheeseburger or kofta with pita bread

**Side:** Baked beans, carrots, and apple sauce