



# CILA WEEKLY MENU

## Monday

Labor Day-No School

## Tuesday

Breakfast: Pop-tart or cereal

Lunch: Chicken fajita tacos or taco beef

Sides: Bell peppers and bananas

## Wednesday

Breakfast: Blueberry muffin or cereal

Lunch: Bulgogi beef or teriyaki chicken

Sides: Brown rice, cabbage slaw, apples

## Thursday

Breakfast: Yogurt and granola or cereal

Lunch: Pork tamale or chicken patty sandwich

Sides: Black beans, corn, bananas

## Friday

Breakfast: Cereal or cereal bar

Lunch: Cheese or pepperoni pizza

Sides: Salad and carrots

