

Sample Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Note: Food that may have bones will be replaced in the PPK-K menu by similar food without bones.				I Meatballs in Sauce White Rice Beans Vegetables Soups	2 Wings French Fries Vegetables Puerto Rican Beef Stew (Sancocho)	3
4	5 Labor Day School Closed	6 Rice w Vienna Sausages Beans Vegetables	7 Penne Pasta w Chicken Fried Plantains Vegetables	8 Baked Chicken White Rice Beans Vegetables	9 Macaroni w Meat Roasted Sweet Plantains Vegetables	10
11	12 Veal Fricassee Yellow Rice Vegetables Soups	13 Spaghetti w Meat Roasted Sweet Plantains Vegetables	14 Teriyaki Chicken Yellow Rice Vegetables Soups	15 BBQ Ribs White Rice Beans Vegetables	16 Parent/ Teacher Conference No classes	17
18	19 Corned Beef White Rice Beans Vegetables Soups	20 Mashed Potatoes Chicken Tenders Vegetables Soups	21 Penne Pasta w Chicken Fried Plantains Vegetables Soups	22 Stewed Meat White Rice Beans Vegetables Soups	23 Chicken Nuggets French Fries Pigeon Pea Stew (Asopao de Gandules) Vegetables	24
25	26 Cuban Picadillo White Rice Beans Vegetables Soups	27 Rice w Chicken Beans Vegetables Soups	28 Macaroni w Meat Roasted Sweet Plantains Vegetables Soups	29 Meatballs in Sauce White Rice Beans Vegetables Soups	30 Puerto Rican Casserole (Pastelón de Amarillo) Yellow Rice Vegetables Soups	