



MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Scrambled Eggs Salad Bar	Croissants Cous Cous, Stewed Beef, Summer Salad	Yogurt and Fruit Chicken Lasagna, Eggplant Lasagna, Cherry Tomato Salad	Milkshakes Fried Chicken, Moro de Guandules	
MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Sandwiches Dominican Spaghetti, Tostones	Donuts Rice/Lentil, Breaded Chicken, Coleslaw Salad	Scrambled Eggs, Salami, Lemonade, Buffet Bread Bowtie Pasta w/ 3 sauces, Crostinis, Caesar Salad, Pineapple	Quesadillas Hamburgers, Crudités with Hummus, Summer Salad	Pancakes Tacos & Burritos
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Muffins Grilled chicken & Caesar salad	Scrambled Eggs+ bacon, Bread Macaroni & Cheese Chicken croquettes Fresh Salad	Pancakes Rice/Beans , Roasted Chicken, Coleslaw Salad	Mangu + Salami Rice & Lentil, Meatballs, tomato & Summer salad	Sandwiches Pizza



Wednesday 20th's Menu was created by Lia Peck - Class of 2026

include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.



	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
	Donuts Rice/Lentil, Breaded Chicken, Coleslaw Salad	Scrambled Eggs, Salami, Lemonade, Buffet Bread Bowtie Pasta w/ 3 sauces, Crostinis, Caesar Salad, Pineapple	Quesadillas Hamburgers, Crudités with Hummus, Summer Salad	Pancakes Tacos & Burritos
MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Muffins Grilled chicken & Caesar salad	Scrambled Eggs+ bacon, Bread Macaroni & Cheese Chicken croquettes Fresh Salad	Pancakes Rice/Beans , Roasted Chicken, Coleslaw Salad	Mangu + Salami Rice & Lentil, Meatballs, tomato & Summer salad	Sandwiches Pizza



Wednesday 20th's Menu was created by Lia Peck - Class of 2026

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

MONDAY 1 Pancakes Rice & Noodles, Chicken Coleslaw Salad	TUESDAY 2 Scrambled Eggs + Salami Macaroni & Cheese, Green Salad	WEDNESDAY 3 French Toast Potatoes Salted, Fish Fillet, Tomato/Cucumber	THURSDAY 4 Milkshakes Lasagna, Eggplant Chips, Hummus, Crudités	FRIDAY 5 Quesadillas Hot dogs and hamburgers
MONDAY 8 Sandwiches Rice, Beans, Roasted Chicken, Hummus, Green Salad	TUESDAY 9 Chocolate cake, Chinola juice Hot sandwiches, Nachos, Watermelon	WEDNESDAY 10 Scrambled Eggs + Salami Spaghetti Bolognese, Pesto Sauce, Salad	THURSDAY 11 Pancakes Rice/Lentil, Breaded Chicken, Pasta Salad	FRIDAY 12 Milkshakes Tacos & Burritos
MONDAY 15 Scrambled Eggs + Salami Beef Lasagna, Lasagna Parmigiana, Garlic bread Summer Salad	TUESDAY 16 Sandwiches Rice/Beans, Breaded Chicken, Coleslaw Salad	WEDNESDAY 17 French Toast Macaroni & Cheese Chicken croquettes Fresh Salad	THURSDAY 18 Milkshakes Grilled Chicken Breast, Caesar Salad, Crostini	FRIDAY 19 Quesadillas Nachos, Hot Sandwiches
MONDAY 22 Pancakes Rice, Beans, Breaded Chicken, Pasta Salad	TUESDAY 23 Milkshakes Pasta, Tomato or Pesto Sauce, Fresh Salad	DIA DE LAS MERCEDES (NO SCHOOL)	THURSDAY 25 Sandwiches Rice with noodles Chicken, Summer Salad	FRIDAY 26 Muffins Pizza: Pepperoni, Ham, Cheese, Vegetables



Tuesday 9th's Menu was created by Paula Meynhardt - Class of 2026

MONDAY 29 Mangu + Salami Rice & Lentil, Meatballs, tomato & Summer salad	TUESDAY 30 Sandwiches Rice & Noodles, Chicken "Guisado", Coleslaw Salad
--	---



All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

		WEDNESDAY 1	THURSDAY 2	FRIDAY 3
		Scrambled Eggs Pasta: Bolognese/ Broccoli, Lettuce Salad	Milkshakes Grilled Chicken Breast, Caesar Salad, Crostini	Quesadilla Nachos, Hot Sandwiches, Green Salad
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Sandwich Rice & Chili Beans, Yucca Arepitas, Fresh Salad	Scrambled Eggs Pasta: Meat, Broccoli sauces, Crostinis, Salad	Cake Res Guisado; Salted Potatoes; Fresh Salad	Pancakes Rice with noodles, Roasted Chicken	Quesadilla Hamburger, Hotdogs Summer & Coleslaw Salad
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Sandwiches Rice with Beans, Roasted Chicken, Coleslaw Salad	Scrambled Eggs Dominican Spaghetti, Garlic Bread, Fresh Salad	Granola & Yogurt Grilled Chicken Breast, Caesar Salad	Pancakes Chow fan /Eggplant Fresh Salad	Milkshakes Pizza: Pepperoni, Cheese, Vegetables
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Scrambled Eggs Rice with noodles, Chicken "Guisado", Fresh Salad	Sandwiches Meatballs, Mushroom Sauce, Tomato, Corn and Cucumber Salad	Quesadilla Pasta: Bacon, Meat, Pesto sauces, crostinis, fresh salad	Pancakes Rice Cuban Style, Eggs/Tomato, Yellow Plantain, Fresh Salad	Yogurt and Granola Sancocho Avocado Salad
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Sandwiches Rice/Beans, Breaded Chicken, Fresh Salad	Scrambled Eggs Bowtie Pasta w/ 2 sauces, Eggplant Chips, Hummus, Caesar Salad	Parent-Teacher Conferences (No School)	Muffins Skewers: Meat and Chicken, salted potatoes, fresh salad	Buffet Bread Sandwiches, Lemonade Grilled chicken, Caesar salad, Popcorn

Friday 31st's Menu was created by Camila Ureña - Class of 2026

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice





Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Muffins Chicken "Guisado", Rice, Cabbage Salad	Milkshakes Dominican Spaghetti, sausages, boiled eggs, tomato & cucumber	Scrambled Eggs Skewers: Meat and Chicken, salted potatoes, fresh salad	Granola & Yogurt Rice w/ Pigeon Pea, Assorted Meat, Vegetables	French Toast Pizza: Pepperoni, Cheese, Vegetables
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
<i>Día de la Constitución (No School)</i>	Quesadillas Pasta: Bolognese, Tomato, Broccoli, Boiled Eggs, Lettuce Salad	Sandwiches Potatoes Salted, Fish Fillet/Lemon, Tomato/Corn Cucumber Salad	Donuts Rice/Beans; Roasted Chicken; Green Salad	Granola & Yogurt Sandwiches: Ham, Cheese, Tuna, Chicken; Green Salad
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Pancakes Rice/Beans; Roasted Chicken; Coleslaw Salad	Scrambled Eggs Lasagna; Parmigiana & Meat; Hummus Crudités Tomato/Corn/Cucumber	Quesadillas Rice and Pigeon Pea, Beef w/ Sauce, Salad	Sandwiches Meatballs, Rice w/ Lentils, Caesar Salad	Granola & Yogurt Burger and hot dogs
Monday 24	Tuesday 25	Wednesday 26		
French Toast Rice/Beans, Roasted Chicken, Coleslaw Salad	Quesadillas Burger and hot dogs French Fries	<u>Heavy Snack Day Only</u> Mangu, Salami, Scrambled Eggs (<u>HALF-DAY</u>)		

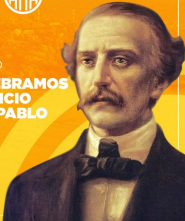
All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

				
Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Sandwiches Rice & Beans, Breaded Chicken, Cabbage Salad	Scrambled Eggs Bolognese, Tomato, Broccoli, Lettuce Salad	Granola & Yogurt Empanadas: Meat and Cheese, Rice w/ plantain & bacon, salad	Pancakes Chow fan, Eggplant chips, Fresh Salad	Milkshakes Tacos and Burritos
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
Quesadillas Rice & Beans, Roasted Chicken, Coleslaw Salad	Scrambled Eggs Spaghetti: Bolognese, Tomato, Pesto; Garlic Bread; Fresh Salad	Sandwiches Moro de Guandules, Meat with vegetables	Donuts Grilled chicken, rice and lentils, Caesar salad	French Toast Pizza and Tipile
Monday 15	Tuesday 16	Wednesday 17	The Cafeteria Staff wishes you Happy Holidays and Happy New Year!!	
Scrambled Eggs Grilled Chicken Breast, Caesar Salad, Crostini	Milkshakes Rice with Pigeon Pea, Roasted Stuffed Turkey, Roasted Pork Leg, Green Salad with Fruit	<u>Heavy Snack Day Only</u> Mangu, Salami, Scrambled Eggs (<u>HALF-DAY</u>)		



Thursday 11 Menu was created by Nia Astakhova - Class of 2026

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
	Oatmeal Salad Bar (NO SCHOOL)	French Toast Breaded Chicken, Caesar Salad, Crostini	Scrambled Eggs + Salami Lasagna, Eggplant Chips, Hummus, Caesar Salad	Quesadillas Hot dogs & hamburgers
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Sandwiches Rice, Beans, Roasted Chicken Green Salad	Scrambled Eggs + Salami Spaghetti Bolognese Tomato or Pesto Sauce, Caesar Salad	Quesadillas Rice, Meatballs & Tomato, Fresh Salad	Pancakes Chinese Rice (Chowfan), Vegetables/Meat Tomato/Cucumber	Milkshakes Tacos & Burritos
MONDAY 19	WEDNESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Sandwiches Rice with Beans, Roasted Chicken, Coleslaw Salad	French Toast Salted Potatoes, Beef w/ Garden Sauce, Tomato/Corn Salad	 NATIONAL HOLIDAY (NO SCHOOL)	Scrambled Eggs + Salami Breaded Chicken, Caesar Salad, Crostini	Quesadillas Nachos, Hot Sandwiches
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
 26 DE ENERO HOY CELEBRAMOS EL NATALICIO DE JUAN PABLO DUARTE  DIA DE DUARTE (NO SCHOOL)	Scrambled Eggs + Sausages Dominican Spaghetti, Bolognese Sauce, Fresh Salad	Donuts Grilled Chicken Breast, Caesar Salad, Crostini	Pancakes Chow fan, Eggplant, Fresh Salad	Milkshakes Pizza: Pepperoni, Cheese, Vegetables

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
-----------------	------------------	--------------------	-------------------	-----------------

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

Sandwiches Rice, Beans, Roasted Chicken Green Salad	Scrambled Eggs + Salami Spaghetti Bolognese Tomato or Pesto Sauce, Caesar Salad	Quesadillas Rice, Beans, Meatballs & Tomato, Fresh Salad	Pancakes Locrio de Chuletas, Lettuce & Tomato Salad, Boiled eggs	Milkshakes Tacos & Burritos
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Scrambled Eggs + Salami Beef Lasagna, Lasagna Parmigiana, Summer Salad	Sandwiches Rice/Lentil, Breaded Chicken, Coleslaw Salad	French Toast Salted Potatoes, Beef w/ Garden Sauce, Tomato/Corn Salad	Milkshakes Grilled Chicken Breast, Caesar Salad, Crostini	Quesadillas Nachos, Hot Sandwiches
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Scrambled Eggs + Sausages Pasta: Bacon, Meat, Pesto sauces, crostinis, fresh salad	Quesadilla Rice with noodles, Chicken "Guisado", Fresh Salad	Sandwiches Meatballs, Mushroom Sauce, Rice, Tomato, Corn and Cucumber Salad	Donuts Chicken Curry, salted potatoes, Tomato/Corn Salad	French Toast Sancocho Avocado Salad
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	 27 de febrero Día de la Independencia de República Dominicana
Scrambled Eggs + Sausages Rice w/ corn, Pork loin & pork chops, green salad	French Toast Rice, Lentils, Roasted Chicken, Cucumber Salad	Milkshakes Spaghetti Bolognese, Tomato or Pesto Sauce, Caesar Salad	Quesadillas Hot dogs & hamburgers	



All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

MONDAY 6	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Sandwiches Rice & Noodles, Chicken Guisado, Coleslaw Salad	Scrambled Eggs + Salami Dominican Spaghetti, Bolognese Sauce, Salad	French Toast Breaded Chicken, Caesar Salad, Crostini	Milkshakes Hot dogs & hamburgers	Quesadillas Locrio de Cerdo, Lettuce & Tomato Salad
MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Sandwiches Rice, Beans, Roasted Chicken Green Salad	Scrambled Eggs + Salami Spaghetti Bolognese, Tomato or Pesto Sauce, Caesar Salad	Quesadillas Meatballs, white rice, & Tomato Salad	Milkshakes Chinese Rice (Chowfan), Tomato + Cucumber	Donuts Sancocho Avocado Salad
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Quesadillas Rice/Lentil, Chuletas Ahumadas, Coleslaw Salad	Scrambled Eggs + Salami Spaghetti Bolognese, Tomato or Pesto Sauce, Caesar Salad	French Toast Salted Potatoes, Beef w/ Garden Sauce, Tomato and Corn Salad	Pancakes Breaded Chicken, Caesar Salad	Milkshakes Pizza: Pepperoni, Ham, Cheese, Vegetables
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Sandwiches Rice with Beans, Roasted Chicken, Coleslaw Salad	Scrambled Eggs + Sausages Dominican Spaghetti, Bolognese Sauce, Fresh Salad	Quesadillas Chili con Carne, Caesar Salad, Crostini	Pancakes Chicken Curry, salted potatoes, Tomato/Corn Salad	Granola, Yogurt Nachos, Hot Sandwiches

SEMANA SANTA BREAK

MARCH 30 - APRIL 3



All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
	Donuts Rice & noodles, chicken, coleslaw + avocado	Croissants Dominican Spaghetti, Caesar Salad	Marble Cake Grilled chicken breast, <i>crispy potatoes</i> , tomato/corn salad	Quesadillas Pizza, side salad
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Scrambled Eggs + Queso Frito Spaghetti: Bolognese or Pesto Sauce, Caesar Salad	Sandwiches Fish + Chips w/ lemon sauce, cabbage salad Chips : french fries 😊	Quesadillas Grilled chicken, rice w/ corn + avocado	Pancakes Pork chops + ensalada de papa + cabbage salad	Donuts Tacos & Burritos
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Fried Eggs + Sausages Chicken curry +rice + <i>cabbage salad</i>	Sandwiches Rice with noodle, pork chops, avocado	Pancakes Dominican Spaghetti + Pesto. Maduritos	Quesadillas Chicken bowl (shredded chicken, rice, corn, toppings)	Cereal + fruit Sancocho Avocado Salad
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	
Scrambled Eggs + Sausages Chow Fan : Fried Rice, Beef & Pork, Assorted Vegetables	Marble Cake Rice + beans + breaded chicken + green salad	Cereal + fruit Cuban Meal: Rice, Ground Beef with red sauce, fried eggs, and maduros	Croissants Burgers, Fries	
The April menu was created in collaboration with the Secondary Student Government.				

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

				FRIDAY 1 Pancakes + Fruit Loaded Nachos: Ground Beef + Toppings
	TUESDAY 5 Ham & Cheese Sandwiches Rice & noodles, stewed chicken, coleslaw + avocado	WEDNESDAY 6 Croissants w/ ham + veggies Dominican Spaghetti, Caesar Salad	THURSDAY 7 Marble Cake Grilled chicken breast, white rice, tomato/corn salad	FRIDAY 8 Quesadillas Pizza, side salad
	MONDAY 11 Scrambled Eggs + Queso Frito Fettucini : Alfredo or Pesto Sauce, Caesar Salad	TUESDAY 12 Ham & Cheese Sandwiches Fish + Chips! w/ lemon sauce, cabbage salad <u>Chips</u> : french fries 😊	WEDNESDAY 13 Quesadillas Breaded chicken, rice w/ corn + avocado	THURSDAY 14 Pancakes + Bananas Pork chops + ensalada de papa + cabbage salad
MONDAY 18 Fried Eggs + Sausages Chicken curry + rice + cabbage salad	TUESDAY 19 Ham & Cheese Sandwiches Rice with noodle, pork chops, avocado	WEDNESDAY 20 Quesadillas Chicken bowl (shredded chicken, rice, corn, toppings)	THURSDAY 21 Pancakes + Bananas Pechuga a la plancha + salted potatoes + caesar salad	FRIDAY 22 Cereal + fruit Sancocho Avocado Salad
MONDAY 25 Scrambled Eggs + Salami Chow Fan : Fried Rice, Beef & Pork, Assorted Vegetables	TUESDAY 26 Donuts Rice + beans + breaded chicken + salad	WEDNESDAY 27 Cereal + fruit Cuban: Rice, Ground Beef w/ red sauce, fried eggs, and maduros	THURSDAY 28 Marble Cake Burgers, Fries	FRIDAY 29 Croissants w/ ham + veggies Chili con carne, Nachos + Salsa
The May menu was created by the Secondary Student Government.				

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.

MONDAY 1	TUESDAY 2	WEDNESDAY 3		
Granola & Yogurt Rice & Noodles, Chicken Coleslaw Salad	Scrambled Eggs + Ham Bowtie Pasta w/ 3 sauces, Eggplant Chips, Hummus, Caesar Salad	French Toast Empanadas, Nachos + Salsa		
MONDAY 8	TUESDAY 9	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Sandwiches Rice, Beans, Roasted Chicken Green Salad	Fried Eggs, Bacon & Toast Poke Bowls	Donuts Rice/Lentil, Breaded Chicken, Coleslaw Salad	Pancakes Full Salad Bar <i>Parent-Teacher Conferences</i>	SCHOOL CLOSED

All days include dessert or assorted fruit. Snack always includes natural, freshly squeezed juice.