

BREAKFAST

LUNCH

FEBRUARY 2019

TURQUOISE TRAILS

All meals are served with a food bar and your choice of low-fat flavored or white milk. We use whole grain breads. All foods are baked.

Monday

Tuesday

Wednesday

Thursday

Friday



Your cafeteria is managed by
Canteen of Central New Mexico

FRENCH TOAST STICKS
SAUSAGE PATTIE
FRESH FRUIT **4**

SPAGHETTI & MEAT SAUCE
MIXED VEGETABLES
MANDARIN ORANGES
WHOLE WHEAT ROLL

CHEESE QUESADILLA
FRESH FRUIT **5**

HOT DOG ON A BUN
OVEN FRENCH FRIES
PINEAPPLE CHUNKS

ZUCCHINI BREAD
FRESH FRUIT **6**

CHICKEN STICKS
CARROTS
PEARS
GARLIC BREADSTICKS

PANCAKE WRAP
FRESH FRUIT **7**

BEEF TACOS (HARD SHELL)
PINTO BEANS
CINNAMON APPLE SLICES
BISCUIT

NUTRI GRAIN BAR
YOGURT
FRESH FRUIT **1**

PIZZA
CAPRI BLEND
CINNAMON APPLE SLICES
BROWNIES

POP TART
YOGURT
FRESH FRUIT **8**

BAKED HAM WITH PINEAPPLE
BROCCOLI
MIXED FRUIT
WHOLE WHEAT ROLL

BREAKFAST BURRITO
FRESH FRUIT **11**

CHICKEN NUGGETS
CAPRI BLEND VEGETABLES
MANDARIN ORANGES
ANIMAL CRACKERS

BREAKFAST PIZZA
FRESH FRUIT **12**

FRITO PIE
CORN
MIXED FRUIT
TORTILLA

EGG, HAM & CHEESE
CROISSANTS
FRESH FRUIT **13**

CHEESE QUESADILLA
PINTO BEANS
APRICOTS

BISCUIT & SAUSAGE
SANDWICH
FRESH FRUIT **14**

PIZZA
TOSSED GREEN SALAD
SIDEKICKS

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT **15**

MACARONI AND BEEF CASSEROLE
SWEET POTATO FRIES
PINEAPPLE CHUNKS
WHOLE WHEAT ROLL

PRESIDENT'S DAY **18**

NO SCHOOL

NUTRIGRAIN BAR
YOGURT
FRESH FRUIT **19**

POPCORN CHICKEN
CARROTS
ICE DOG
BREADSTICK

BREAKFAST COMBO BAR
TORTILLA
FRESH FRUIT **20**

BEEF STEW
PINTO BEANS
MANDARIN ORANGES
TORTILLA

BLUEBERRY MUFFIN
FRESH FRUIT **21**

CHICKEN QUESADILLA
CORN
FRESH FRUIT

OATMEAL
TOAST, 1 SLICE
FRESH FRUIT **22**

BEEF & PEPPER STEAK WITH RICE
MIXED VEGETABLES
APPLESAUCE
BROWN RICE

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT **25**

CHICKEN PATTIE ON A BUN
GREEN BEANS
MANDARIN ORANGES
FORTUNE COOKIE

APPLE FRUDEL
FRESH FRUIT **26**

Combo Plate:
RED CHILE ENCHILADA CASSEROLE
TAMALES
PINTO BEANS
MIXED FRUIT
SCOOBY SNACKS

CINNI MINIS
FRESH FRUIT **27**

TORTILLA BURGER
TATER TOTS
PEARS

PANCAKE WRAP
FRESH FRUIT **28**

CHILE CHEESE DOG
CARROTS
JELL-O WITH FRUIT



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