BREAKFAST

LUNCH

OCTOBER 2018

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
1 SAUSAGE PATTIE TOAST, 1 SLICE FRESH FRUIT *CHEESE ENCHILADA RED* PINTO BEANS APPLESAUCE TORTILLA	**2** CHERRY FRUDEL FRESH FRUIT *COUNTRY FRIED STEAK* CARROTS COUNTRY GRAVY ICE DOG WHOLE WHEAT ROLL	**3** BREAKFAST PIZZA FRESH FRUIT *BBQ BEEF SANDWICH* FRENCH FRIES PEACHES	**4** BLUEBERRY MUFFIN FRESH FRUIT *LEMON PEPPER CHICKEN* CAPRI BLEND WHOLE WHEAT ROLL JELLO W/ FRUIT	**5**
8	**9** CREAM OF WHEAT TOAST, 1 SLICE FRESH FRUIT *CHICKEN STICKS* PEAS APRICOTS WHOLE WHEAT ROLL	**10** HASH BROWNS SAUSAGE PATTIE TORTILLA WHEAT FRESH FRUIT *BEEF TACO HARD* PINTO BEANS CINNAMON APPLE SLICES TORTILLA	**11** PANCAKE WRAP FRESH FRUIT *CHICKEN NUGGETS* BROCCOLI MANDARIN ORANGE WHOLE WHEAT ROLL	**12** BREAKFAST BURRITO FRESH FRUIT *PIZZA* CARROT STICKS SIDEKICKS
15 MINI BAGEL FRESH FRUIT *SPAGHETTI AND MEAT SAUCE* MIXED VEGETABLES PEARS GARLIC BREAD STICKS	**16** CHEESE OMELET TORTILLA FRESH FRUIT *CHILLE CON CARNE* MIXED FRUIT MEXICALI CORN CHEX MIX	**17** BANANA BREAD FRESH FRUIT *DRUMSTICK* CARROTS APPLESAUCE WHOLE WHEAT ROLL	**18** BREAKFAST PIZZA FRESH FRUIT *BEEF STEW* BROCCOLI APRICOTS WHOLE WHEAT CRACKERS	**19**
22	**23** WAFFLES MINI EGGO BITES FRESH FRUIT *CORNDOG* GREEN BEANS MANDARIN ORANGE	**24** APPLE BOSCO STICK FRESH FRUIT *BBQ PORK ON A BUN* SWEET POT TATER TOTS APRICOTS	**25** NUTRI GRAIN YOGURT FRESH FRUIT *BEEF FAJITAS* CORN CANTALOUPE	**26** HONEY NUT CHEERIOS YOGURT FRESH FRUIT *PIZZA* BROCCOLI SIDEKICKS
29 BREAKFAST BURRITO FRESH FRUIT *TERIYAKI CHICKEN BOWL* WITH BROWN RICE BROCCOLI PINEAPPLE CHUNKS FORTUNE COOKIE	**30** WAFFLES MINI EGGO BITES FRESH FRUIT *CHEESE QUESADILLA* PINTO BEANS APPLESAUCE	**31** APPLE BOSCO STICK TOAST, 1 SLICE FRESH FRUIT *LASAGNA W/MEAT SAUCE* TUSCAN BLEND MIXED FRUIT GARLIC BREAD STICKS		

CANTEEN

Your cafeteria is managed by

Canteen of Central New Mexico

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