

BREAKFAST

LUNCH

JANUARY 2019

TURQUOISE TRAIL

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

2019

1

2

3

4

HASH BROWNS
STRING CHEESE
FRESH FRUIT
Combo Plate
CHEESE ENCHILADAS (RED)
TAMALES
PINTO BEANS
PEARS
TORTILLA

CHERRY FRUDEL
FRESH FRUIT
CHICKEN NUGGETS
TATER TOTS
CANTALOUPE
WHOLE WHEAT ROLL

COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT
BBQ CHICKEN ON A BUN
SWEET POTATO FRIES
PINEAPPLE CHUNKS

BREAKFAST PIZZA
FRESH FRUIT
BEEF & PEPPER STEAK WITH RICE
PINTO BEANS
MIXED FRUIT

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT
PHILLY STEAK SANDWICH
POTATOES AU GRATIN
CINNAMON APPLE SLICES

PANCAKE WRAP
FRESH FRUIT
LASAGNA WITH MEAT SAUCE
BROCCOLI
PEARS
GARLIC BREADSTICKS

FRENCH TOAST STICKS
FRESH FRUIT
PIZZA
ITALIAN BLEND VEGETABLES
MANDARIN ORANGES
RICE KRISPIES TREATS

BLUEBERRY MUFFINS
FRESH FRUIT
CHICKEN ENCHILADAS
MIXED VEGETABLES
PINEAPPLE CHUNKS
TORTILLA

BREAKFAST BURRITO
FRESH FRUIT
FRITO PIE
BROCCOLI
PEACHES
WHOLE WHEAT ROLL

BREAKFAST COMBO BAR
TORTILLA
FRESH FRUIT
CHICKEN TACOS (SOFT SHELL)
MEXICALI CORN
APRICOTS

POP TART
FRESH FRUIT
NACHOS SUPREME
CARROTS
MIXED FRUIT
ANIMAL CRACKERS

FRENCH TOAST STICKS
FRESH FRUIT
CHILE CHEESE FRIES
PINTO BEANS
MANDARIN ORANGES
WHOLE WHEAT ROLL

BANANA BREAD
FRESH FRUIT
TERIYAKI CHICKEN BOWL
BROCCOLI
SIDEKICKS
BROWN RICE

BREAKFAST PIZZA
FRESH FRUIT
CHICKEN NUGGETS
TATOR TOTS
MIXED FRUIT
BISCUIT

CINNI MINIS
FRESH FRUIT
CHICKEN PARMESAN
CARROTS
PEARS
GARLIC BREADSTICKS

COLD CEREAL, VARIETY
GRAHAM CRACKERS
FRESH FRUIT
MEAT LOAF
WHIPPED POTATOES
APPLESAUCE
WHOLE WHEAT ROLL
BROWN GRAVY

NUTRIGRAIN BAR
YOGURT
FRESH FRUIT
Combo Plate
BEEF TAQUITOS
PORK POSOLE
PINTO BEANS
PINEAPPLE CHUNKS

ENGLISH MUFFIN SANDWICH
FRESH FRUIT
CHICKEN ALFREDO
CARROTS
MIXED FRUIT
BREADSTICK

EGG, HAM & CHEESE
CROISSANT
FRESH FRUIT
MEATBALLS IN BROWN GRAVY
PEACHES
BROCCOLI
BROWN RICE



Your cafeteria is managed by
Canteen of Central New Mexico

