

October 2019

TURQUOISE TRAIL



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday

1

1
BLUEBERRY MUFFIN
LEMON PEPPER CHICKEN
APPLESAUCE
CAPRI BLEND VEGETABLES
DINNER ROLL

2
SAUSAGE & CHEESE BAGEL
MEATBALLS IN BROWN GRAVY
BROWN RICE
BROCCOLI
PEARS

3
CREAM OF WHEAT / TOAST
CHICKEN STICKS
CARROTS
APRICOTS
DINNER ROLL

4
HASH BROWNS / SAUSAGE PATTIE / TORTILLA
CHICKEN ENCHILADAS
PINTO BEANS
CINNAMON APPLE SLICES
TORTILLA

7
PANCAKE WRAP
GRILLED HAM AND CHEESE
CORN
MANDARIN ORANGES

8
BREAKFAST BURRITO
PIZZA
ITALIAN BLEND VEGETABLES
SIDEKICKS

9
STRAWBERRY MINI BAGEL
SPAGHETTI AND MEAT SAUCE
BROCCOLI
PEARS
GARLIC BREAD

10
CHEESE OMELET / TORTILLA
CHICKEN TACOS (SOFT SHELL)
PINTO BEANS
MIXED FRUIT

11
BANANA BREAD
CHICKEN DRUMSTICKS
CARROTS
APPLESAUCE
DINNER ROLL

14

15
BREAKFAST PIZZA
BEEF STEW
MIXED VEGETABLES
APRICOTS
DINNER ROLL

16
CINNI MINIS
CHEESEBURGER
OVEN FRENCH FRIES
PEACHES

17
BREAKFAST COMBO BAR
TORTILLA
NACHOS SUPREME
PINTO BEANS
CINNAMON APPLE SLICES
ANIMAL CRACKERS

18
MINI WAFFLE EGGO BITES
PIZZA
BROCCOLI
MANDARIN ORANGES

21
APPLE BOSCO STICK
POPCORN CHICKEN
SWEET POTATO FRIES
APRICOTS
DINNER ROLL

22
NUTRIGRAIN BAR / YOGURT
FRENCH TOAST STICKS
HASH BROWNS
SAUSAGE PATTIE
FRESH FRUIT

23
HONEY NUT CHEERIOS
STRING CHEESE
EGG ROLLS MINH
BROCCOLI
PEARS

24
BREAKFAST BURRITO
BEEF TACOS (HARD SHELL)
PINTO BEANS
CINNAMON APPLE SLICES
ANIMAL CRACKERS
TORTILLA

25
PT Conferences

28

29
BLUEBERRY MUFFIN
BEEF FAJITAS
CORN
CANTALOUPE

30
POP TART / YOGURT
BEEF RAVIOLI
MIXED VEGETABLES
MIXED FRUIT
BREADSTICKS

31
APPLE FRUDEL
PIZZA
CARROTS
BROCCOLI
SIDEKICKS
BROWNIES

