



AUGUST 2017

CUBA INDEPENDENT SCHOOLS

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	2	3	4
7	8	9	10 BREAKFAST BURRITO FRESH FRUIT <i>PIZZA</i> FRESH VEGETABLES SIDEKICKS BREADSTICKS	11 APPLE FRUDEL FRESH FRUIT <i>HOT DOG ON A BUN</i> CARROTS APRICOTS MUSTARD / KETCHUP <i>TERIYAKI CHICKEN BOWL</i> SOY SAUCE
14 BAGEL CREAM CHEESE FRESH FRUIT <i>BAKED POTATO</i> BROCCOLI & CHEESE FRESH FRUIT DINNER ROLL <i>HOAGIE SANDWICH</i> LETTUCE/MAYO/MUSTARD	15 BISCUIT & GRAVY FRESH FRUIT <i>STEAK FINGERS</i> PINTO BEANS PEARS PICANTE SAUCE <i>RED CHILI CHEESE ENCHILADAS</i>	16 ZUCCHINI BREAD FRESH FRUIT <i>FRITO PIE</i> CORN MANDARIN ORANGES LETTUCE/CHEESE STRAWBERRY CHEX MIX <i>CHICKEN TAQUITOS</i> PICANTE SAUCE	17 CREAM OF WHEAT TOAST FRESH FRUIT <i>SPAGHETTI & MEAT SAUCE</i> MIXED VEGETABLES CINNAMON APPLES GARLIC BREAD <i>CHICKEN PARMESAN</i>	18 BLUEBERRY MUFFIN FRESH FRUIT <i>CHEESE STICKS</i> MARINARA SAUCE SWEET POTATO FRIES HONEYDEW MELON <i>COUNTRY FRIED STEAK</i> COUNTRY GRAVY
21 BISCUIT & SAUSAGE FRESH FRUIT <i>ORANGE CHICKEN</i> MIXED VEGETABLES APPLES DINNER ROLL FORTUNE COOKIE <i>SALISBURY STEAK</i> BROWN GRAVY	22 CINNI MINIS FRESH FRUIT <i>BEEF TACOS</i> PINTO BEANS FRESH FRUIT LETTUCE/CHEESE <i>QUESADILLA</i> PICANTE SAUCE	23 NUTRIGRAIN BAR YOGURT FRESH FRUIT <i>SLOPPY JOE</i> CARROTS PEARS <i>CHICKEN FAJITAS</i> PICANTE SAUCE LETTUCE/CHEESE	24 MINI EGGO BITES FRESH FRUIT <i>CHICKEN NUGGETS</i> TATOR TOTS CANTALOUPE KETCHUP <i>MEATBALL SUB SANDWICH</i>	25 BREAKFAST PIZZA FRESH FRUIT <i>LASAGNA & MEAT SAUCE</i> GREEN BEANS HONEYDEW MELON GARLIC BREAD <i>CHICKEN PATTIE ON A BUN</i>
28 BANANA BREAD FRESH FRUIT <i>PIZZA</i> CARROTS PINEAPPLE RICE KRISPIE TREAT	29 BREAKFAST BOSCO STICK FRESH FRUIT <i>MINI BURGERS</i> BAKED BEANS PEACHES GOLDFISH CRACKERS LETTUCE/HEESE <i>HOT DOG ON A BUN</i>	30 SAUSAGE / TORTILLA FRESH FRUIT <i>CORN DOG</i> MIXED VEGETABLES MIXED FRUIT MUSTARD/KETCHUP <i>BEEF RAVIOLI</i> DINNER ROLL	31 YOGURT NUTRIGRAIN BAR FRESH FRUIT <i>NACHOS WITH CHEESE SAUCE</i> OVEN FRENCH FRIES FRESH FRUIT <i>CHICKEN PATTIE ON A BUN</i>	

Your cafeteria is managed by
Canteen of Central New Mexico

