BREAKFAST

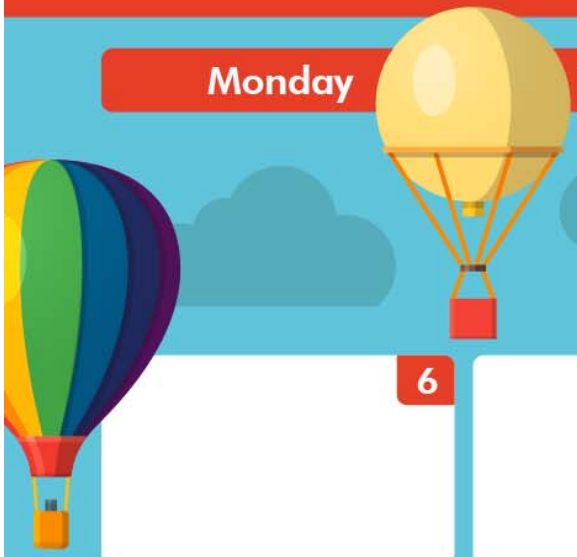
LUNCH

Your cafeteria is managed by Canteen of Central New Mexico

AUGUST 2018

CUBA INDEPENDENT SCHOOL

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
6	7	8	9 CREAM OF WHEAT TOAST, 1 SLICE FRESH FRUIT ***MEATLOAF*** WHIPPED POTATOES PINEAPPLE CHUNKS ***MACARONI AND CHEESE*** WHOLE WHEAT ROLL	10 BLUEBERRY MUFFIN FRESH FRUIT ***HOT DOG ON A BUN*** CARROTS APRICOTS ***TERIYAKI CHICKEN BOWL***
13 BAGEL, PLAIN / CREAM CHEESE / FRESH FRUIT ***HOAGIE SANDWICH*** BROCCOLI FRESH FRUIT ***BAKED POTATO WITH/BROCCOLI AND CHEESE*** WHOLE WHEAT ROLL	14 BISCUITS & GRAVY FRESH FRUIT ***RED CHILE ENCHILADA CASSEROLE*** PINTO BEANS PEARS ***STEAK FINGERS*** WHOLE WHEAT ROLL	15 CHEESE OMELET TORTILLA FRESH FRUIT ***FRITO PIE*** MANDARIN ORANGES CORN STRAWBERRY CHEX MIX ***CHICKEN TAQUITOS***	16 CREAM OF WHEAT TOAST, 1 SLICE FRESH FRUIT ***SPAGHETTI AND MEAT SAUCE*** MIXED VEGETABLES CINNAMON APPLE SLICES ***CHICKEN PARMESAN*** WHOLE WHEAT ROLL	17 MUFFINS, ASSORTED FRESH FRUIT ***MAX CHEESE STICKS*** MARINARA SAUCE SWEET POTATO TATER TOTS HONEYDEW MELON ***COUNTRY FRIED STEAK*** WHOLE WHEAT ROLL
20 BLUEBERRY MUFFIN FRESH FRUIT ***SALISBURY STEAK*** MIXED VEGETABLES APPLESAUCE BROWN RICE ***ORANGE CHICKEN*** FORTUNE COOKIE	21 CINNI MINIS FRESH FRUIT ***BEEF TACOS (HARD SHELL)*** PINTO BEANS PEARS TORTILLA ***QUESADILLA***	22 NUTRIGRAIN BAR YOGURT FRESH FRUIT ***SLOPPY JOE ON A ROLL*** CARROTS MANDARIN ORANGES ***CHICKEN FAJITAS***	23 MINI WAFFLE EGGO BITES FRESH FRUIT ***CHICKEN NUGGETS*** TATER TOTS CANTALOUPE ***MEATBALL SUB SANDWICH*** WHOLE WHEAT ROLL	24 BREAKFAST PIZZA FRESH FRUIT ***BBQ CHICKEN ON A BUN*** BROCCOLI HONEYDEW MELON ***LASAGNA WITH MEAT SAUCE*** GARLIC BREAD TICKS
27 BANANA BREAD FRESH FRUIT ***PIZZA*** CARROTS PINEAPPLE CHUNKS RICE KRISPIE TREATS	28 CHEESE OMELET TORTILLA FRESH FRUIT ***MINI BURGERS*** BAKED BEANS PEACHES ***NACHOS SUPREME*** GOLDFISH CRACKERS	29 BISCUIT & SAUSAGE SANDWICH FRESH FRUIT ***CORN DOG*** MIXED FRUIT ***BEEF RAVIOLI*** WHOLE WHEAT ROLL	30 NUTRIGRAIN BAR YOGURT FRESH FRUIT ***FRENCH TOAST STICKS*** SAUSAGE PATTIE HASH BROWNS FRESH FRUIT	31 COLD CEREAL, VARIETY TOAST, 1 SLICE FRESH FRUIT ***BBQ RIBETTE*** BROCCOLI PEARS ***FIESTA BURRITO***

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