



OCTOBER 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
<p>Sausage Pattie / Slice Toast / Fresh Fruit 2</p> <p>Cheese Enchiladas (Red) Beef Taquitos Pinto Beans Wheat Tortilla Jell-O with Fruit</p>	<p>Cherry Fruedel Sidekicks 3</p> <p>Country Fried Steak Steak Fingers Carrots Country Gravy Ice Dog Whole Wheat Roll</p>	<p>Breakfast Burrito Fresh Fruit 4</p> <p>Hamburger on a Bun Fish Sandwich Oven French Fries Peaches</p>	<p>Raspberry Vanilla Muffin / Fresh Fruit 5</p> <p>Mini Corn Dogs Lemon Pepper Chicken Capri Blend Vegetables Applesauce Whole Wheat Roll</p>	<p>Breakfast Pizza Fresh Fruit 6</p> <p>Meatballs in Brown Gravy Brown Rice Broccoli Fresh Fruit Egg Rolls Fortune Cookie</p>
<p>Biscuits & Gravy Fresh Fruit 9</p> <p>Salisbury Steak Steak Fingers Potatoes au Gratin Pineapple Chunks Dinner Roll</p>	<p>Yogurt / Nutrigrain Bar / Fresh Fruit 10</p> <p>Philly Steak Sandwich Chicken Sticks Baked Beans Apricots Whole Wheat Roll</p>	<p>Egg Square/Sausage Pattie/Wheat Tortilla Fresh Fruit 11</p> <p>Frito Pie Corn Cinnamon Apple Slices Lettuce & Tomato, Diced Rice Krispie Treats</p>	<p>Pancake Wrap Fresh Fruit 12</p> <p>Chicken Nuggets Grilled Ham and Cheese Green Beans Mandarin Oranges Ketchup</p>	<p>Breakfast Burrito Fresh Fruit 13</p> <p>Pizza Italian Blend Vegetables Sidekicks Breadsticks</p>
<p>Mini Bagel Fresh Fruit 16</p> <p>Spaghetti and Meat Sauce Cheese Ravioli Marinara Sauce Peas & Carrots Pears Garlic Bread</p>	<p>Biscuits & Gravy Fresh Fruit 17</p> <p>Chicken Enchiladas Fiesta Burrito Mexicali Corn Mixed Fruit Wheat Tortilla</p>	<p>Banana Bread Fresh Fruit 18</p> <p>Grilled Cheese Sandwich Chicken Nuggets Carrots Applesauce Ketchup Whole Wheat Roll</p>	<p>Breakfast Pizza Fresh Fruit 19</p> <p>Nachos Supreme Chicken Taquitos Pinto Beans Cinnamon Apple Slices Animal Crackers</p>	<p>Honey Nut Cheerios Toast / Fresh Fruit 20</p> <p>Beef Tacos (Hard Shell) Beef Tacos (Soft Shell) Corn Cinnamon Apple Slices Lettuce & Tomato, Diced Spanish Rice</p>
<p>Breakfast Combo Bar Wheat Tortilla Fresh Fruit 23</p> <p>Chicken Pattie on a Bun BBQ Ribette Sweet Potato Fries Apricots Ketchup</p>	<p>Boiled Egg & Toast Fresh Fruit 24</p> <p>Chicken Fajitas Turkey and Cheese Wrap Green Beans Cantaloupe Mustard & Mayo</p>	<p>Pancake Wrap Fresh Fruit 25</p> <p>Cheese Sticks Marinara Sauce Turkey Corn Dog Corn Fruit Salad</p>	<p>26</p>	<p>27</p>
<p>Nutrigrain Bar Yogurt Fresh Fruit 30</p> <p>Pizza Tuscan Blend Vegetables Sidekicks Brownies</p>	<p>Biscuits & Gravy Fresh Fruit 31</p> <p>Quesadilla Grilled Ham and Cheese Wrap Baked Beans Applesauce</p>			



Your cafeteria is managed by
Canteen of Central New Mexico