

 **BREAKFAST**

 **LUNCH**

# OCTOBER 2018

## 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 TOAST, 1 SLICE FRESH FRUIT <b>1</b></p> <p><b>BEEF TAQUITOS</b> PINTO BEANS APPLESAUCE <b>CHEESE ENCHILADAS (RED)</b> TORTILLA</p>	<p>CHERRY FRUDEL FRESH FRUIT <b>2</b></p> <p><b>COUNTRY FRIED STEAK</b> CARROTS COUNTRY GRAVY ICE DOG <b>STEAK FINGERS</b> WHOLE WHEAT ROLL</p>	<p>BREAKFAST PIZZA FRESH FRUIT <b>3</b></p> <p><b>SPAGHETTI AND MEAT SAUCE</b> OVEN FRENCH FRIES PEACHES <b>FISH STICKS</b> DINNER ROLL</p>	<p>BLUEBERRY MUFFIN FRESH FRUIT <b>4</b></p> <p><b>LEMON PEPPER CHICKEN</b> CAPRI BLEND VEGETABLES WHOLE WHEAT ROLL JELL-O WITH FRUIT <b>MINI CORN DOGS</b></p>	<p>OATMEAL TOAST, 1 SLICE FRESH FRUIT <b>5</b></p> <p><b>ORANGE CHICKEN</b> BROWN RICE PEARS BROCCOLI <b>EGG ROLLS</b> FORTUNE COOKIE</p>
<p><b>8</b></p>	<p>CREAM OF WHEAT TOAST, 1 SLICE FRESH FRUIT <b>9</b></p> <p><b>PHILLY STEAK SANDWICH</b> PEAS APRICOTS <b>CHICKEN STICKS</b> WHOLE WHEAT ROLL</p>	<p>HASH BROWNS SAUSAGE PATTIE WHEAT TORTILLA FRESH FRUIT <b>10</b></p> <p><b>BEEF TACOS (HARD SHELL)</b> PINTO BEANS CINNAMON APPLE SLICES TORTILLA</p>	<p>PANCAKE WRAP FRESH FRUIT <b>11</b></p> <p><b>GRILLED HAM AND CHEESE</b> BROCCOLI MANDARIN ORANGES <b>CHICKEN NUGGETS</b> WHOLE WHEAT ROLL</p>	<p>BREAKFAST BURRITO FRESH FRUIT <b>12</b></p> <p><b>PIZZA</b> CARROT STICKS SIDEKICKS</p>
<p>BISCUIT &amp; SAUSAGE SANDWICH / FRESH FRUIT <b>15</b></p> <p><b>FRITO PIE</b> MIXED VEGETABLES PEARS <b>CHEESE RAVIOLI &amp; MARINARA SAUCE</b> GARLIC BREADSTICKS</p>	<p>CHEESE OMELET TORTILLA FRESH FRUIT <b>16</b></p> <p><b>FIESTA BURRITO</b> MIXED FRUIT MEXICALI CORN <b>CHICKEN DRUMSTICKS</b> CHEX MIX</p>	<p>BANANA BREAD FRESH FRUIT <b>17</b></p> <p><b>GRILLED CHEESE SANDWICH</b> CARROTS APPLESAUCE <b>CHICKEN NUGGETS</b> WHOLE WHEAT ROLL</p>	<p>BREAKFAST PIZZA FRESH FRUIT <b>18</b></p> <p><b>MEATBALL SUB SANDWICH</b> BROCCOLI APRICOTS <b>LASAGNA WITH MEAT SAUCE</b> WHOLE WHEAT ROLL</p>	<p>CINNI MINIS FRESH FRUIT <b>19</b></p> <p><b>CHEESEBURGER</b> BAKED BEANS PEACHES <b>HOT DOG ON A BUN</b></p>
<p>BREAKFAST COMBO BAR TORTILLA WHEAT FRESH FRUIT <b>22</b></p> <p><b>CHICKEN TAQUITOS</b> PINTO BEANS CINNAMON APPLE SLICES <b>NACHOS SUPREME</b> ANIMAL CRACKERS</p>	<p>MINI WAFFLE EGGO BITES FRESH FRUIT <b>23</b></p> <p><b>GRILLED CHEESE SANDWICH</b> GREEN BEANS MANDARIN ORANGES <b>FISH NUGGETS</b> WHOLE WHEAT ROLL</p>	<p>OATMEAL TOAST, 1 SLICE FRESH FRUIT <b>24</b></p> <p><b>PIZZA</b> BROCCOLI SIDEKICKS BROWNIES</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p>BREAKFAST BURRITO FRESH FRUIT <b>29</b></p> <p><b>ORANGE CHICKEN</b> BROCCOLI BROWN RICE PINEAPPLE CHUNKS <b>EGG ROLLS</b> FORTUNE COOKIE</p>	<p>CHEESE OMELET TOAST, 1 SLICE FRESH FRUIT <b>30</b></p> <p><b>CHEESE QUESADILLA</b> PINTO BEANS APPLESAUCE <b>POPCORN CHICKEN</b> WHOLE WHEAT ROLL</p>	<p>APPLE BOSCO STICK TOAST, 1 SLICE FRESH FRUIT <b>31</b></p> <p><b>CHICKEN PATTIE ON A BUN</b> TUSCAN BLEND VEGETABLES MIXED FRUIT <b>CHICKEN DRUMSTICKS</b> GARLIC BREADSTICKS</p>		



Your cafeteria is managed by  
Canteen of Central New Mexico

