


**BREAKFAST**  
**LUNCH**

# NOVEMBER 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.

 Your cafeteria is managed by Canteen of Central New Mexico

Monday	Tuesday	Wednesday	Thursday	Friday
		FRUIT LOOPS / 1 SLICE TOAST / FRESH FRUIT <i>COUNTRY FRIED STEAK</i> COUNTRY GRAVY WHIPPED POTATOES PEACHES <i>MEATLOAF</i> WHOLE WHEAT ROLL	FRENCH TOAST SQUARES FRESH FRUIT  <i>TERIYAKI CHICKEN BOWL</i> BROWN RICE ORIENTAL VEGETABLES MANDARIN ORANGES <i>EGG ROLLS</i>	PEANUT BUTTER & JELLY FRESH FRUIT  <i>PIZZA</i> CARROT STICKS SIDEKICKS
NUTRIGRAIN BAR YOGURT/FRESH FRUIT  <i>HAMBURGER ON A BUN</i> PINTO BEANS PINEAPPLE CHUNKS <i>BEEF TAQUITOS</i> PICANTE SAUCE	PANCAKE WRAP FRESH FRUIT <i>MACARONI AND CHEESE</i> MIXED FRUIT MIXED VEGETABLES BREADSTICKS <i>CORN DOG</i> MUSTARD & KETCHUP	CHEESE OMELET ENGLISH MUFFIN SANDWICH FRESH FRUIT <i>FISH SANDWICH</i> CARROTS PINEAPPLE CHUNKS <i>LASAGNA</i> WHOLE WHEAT ROLL	BOILED EGG TOAST, 1 SLICE FRESH FRUIT  <i>BEEF ENCHILADAS</i> CARROTS APRICOTS <i>POPCORN CHICKEN</i> KETCHUP	
FROSTED FLAKES STRING CHEESE FRESH FRUIT  <i>FRITO PIE</i> GREEN BEANS PEACHES LEMON DINOS <i>CHILE CHEESE DOG</i>	ASSORTED MUFFINS FRESH FRUIT <i>TURKEY WITH DRESSING</i> WHIPPED POTATOES <i>TURKEY GRAVY</i> GREEN BEANS FRUIT SALAD <i>WHOLE WHEAT ROLL</i> CAKE	BREAKFAST PIZZA FRESH FRUIT  <i>CHICKEN NUGGETS</i> TATER TOTS PEARS WHOLE WHEAT ROLL <i>STEAK FINGERS</i>	PANCAKES FRESH FRUIT  <i>PHILLY STEAK SANDWICH</i> BAKED BEANS APPLESAUCE <i>BONELESS CHICKEN</i> WHOLE WHEAT ROLL	BISCUIT & SAUSAGE SANDWICH / COUNTRY GRAVY / FRESH FRUIT  <i>PIZZA</i> ITALIAN BLEND VEGETABLES FRESH FRUIT SUGAR COOKIES
MINI WAFFLE EGGO BITES FRESH FRUIT  <i>CHICKEN PATTIE ON A BUN</i> POTATOES, AU GRATIN APRICOTS <i>BBQ RIBETTE</i>	PANCAKE WRAP FRESH FRUIT  <i>TORTILLA BURGER</i> PINTO BEANS PEARS <i>HOAGIE SANDWICH</i>		 Happy Thanksgiving	
BREAKFAST COMBO BAR WHEAT TORTILLA FRESH FRUIT  <i>CHEESE STICKS</i> CARROTS MIXED FRUIT <i>FIESTA BURRITO</i>	MINI PANCAKE EGGO BITES FRESH FRUIT  <i>SALISBURY STEAK</i> PEAS PEARS WHOLE WHEAT ROLL <i>FISH NUGGETS</i>	POP TART FRESH FRUIT <i>NACHOS SUPREME</i> PINTO BEANS MANDARIN ORANGES FRESH FRUIT <i>MAX CHEESE STICKS</i> MARINARA SAUCE	CHEESE OMELET / WHEAT TORTILLA / FRESH FRUIT <i>GRILLED CHEESE SANDWICH</i> <i>TOMATO SOUP</i> CORN APPLESAUCE <i>CORN DOG</i> MUSTARD & KETCHUP	

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