

 **BREAKFAST**

 **LUNCH**

NOVEMBER 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



5
BREAKFAST PIZZA
FRESH FRUIT

LASAGNA WITH MEAT SAUCE
BROCCOLI
MIXED FRUIT
BEEF RAVIOLI
GARLIC BREADSTICKS

6
FRENCH TOAST STICKS
FRESH FRUIT

QUESADILLA
PINTO BEANS
APPLESAUCE
HAM AND CHEESE WRAP

7
BREAKFAST BURRITO
FRESH FRUIT

COUNTRY FRIED STEAK
WHIPPED POTATOES
PEACHES
MEATLOAF
WHOLE WHEAT ROLL
COUNTRY GRAVY

1
NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

CHICKEN FAJITAS
TURKEY AND CHEESE WRAP
CORN
CANTALOUPE

2
BOILED EGG
TOAST, 1 SLICE
FRESH FRUIT

PIZZA
BROCCOLI
SIDEKICKS
BROWNIES

8
MUFFINS ASSORTED
FRESH FRUIT

TURKEY WITH DRESSING
WHIPPED POTATOES
TURKEY GRAVY
GREEN BEANS
FRUIT SALAD
WHOLE WHEAT ROLL
CAKE

9
PEANUT BUTTER & JELLY
FRESH FRUIT

PIZZA
CARROT STICKS
SIDEKICKS

12

13
PANCAKE WRAP
FRESH FRUIT

TERIYAKI CHICKEN BOWL
BROWN RICE
ORIENTAL VEGETABLES
MANDARIN ORANGES
EGG ROLLS

14
NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

HAMBURGER ON A BUN
BEEF TAQUITOS
CARROTS
PINEAPPLE CHUNKS

15
BOILED EGG
TOAST, 1 SLICE
FRESH FRUIT

POPCORN CHICKEN
PINTO BEANS
APRICOTS
BEEF ENCHILADAS (RED)
TORTILLA

16
EGG, HAM & CHEESE
CROISSANTS
FRESH FRUIT

CORN DOG
BROCCOLI
PEACHES
MACARONI AND CHEESE
WHOLE WHEAT ROLL

19
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT

FRITO PIE
CORN
PEACHES
CHILE CHEESE DOG
GOLDFISH CRACKERS

20
CREAM OF WHEAT
TOAST, 1 SLICE
FRESH FRUIT

MACARONI AND BEEF CASSEROLE
CARROTS
PINEAPPLE CHUNKS
FISH STICKS
WHOLE WHEAT ROLL

21

22

23

26
BISCUIT & SAUSAGE SANDWICH
FRESH FRUIT

CHICKEN PATTIE ON A BUN
POTATOES, AU GRATIN
APRICOTS
BBQ RIBETTE

27
PANCAKE WRAP
FRESH FRUIT

TORTILLA BURGER
PINTO BEANS
PEARS
HOAGIE SANDWICH

28
BISCUIT EGG CHEESE
SANDWICH
FRESH FRUIT

CHICKEN ALFREDO
PEAS
MIXED FRUIT
CHEESE RAVIOLI & MARINARA SAUCE
BREADSTICKS

29
MINI PANCAKE EGGO BITES
FRESH FRUIT

PHILLY STEAK SANDWICH
CARROTS
APPLESAUCE
CHICKEN STICKS
WHOLE WHEAT ROLL

30
BISCUITS & GRAVY
SAUSAGE PATTIE
FRESH FRUIT

PIZZA
BROCCOLI
FRESH FRUIT
COOKIE

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