

BREAKFAST

LUNCH

# NOVEMBER 2017 LAGUNA

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



Your cafeteria is managed by  
Canteen of Central New Mexico

6  
NUTRIGRAIN BAR  
YOGURT  
FRESH FRUIT

**BEEF TAQUITOS**  
PINTO BEANS  
PINEAPPLE CHUNKS  
PICANTE SAUCE

13  
BISCUIT & SAUSAGE  
SANDWICH / COUNTRY  
GRAVY / FRESH FRUIT

**FRITO PIE**  
GREEN BEANS  
PEACHES  
DINNER ROLL

20  
CHEESE OMELET  
FRESH FRUIT

**HOT DOG ON A BUN**  
TATER TOTS  
APPLESAUCE

27  
OATMEAL  
TOAST, 1 SLICE  
FRESH FRUIT

**FIESTA BURRITO**  
MIXED VEGETABLES  
MIXED FRUIT

7  
OATMEAL  
TOAST, 1 SLICE  
FRESH FRUIT

**MACARONI AND CHEESE**  
CARROTS  
WHOLE WHEAT ROLL  
FRUIT SALAD

14  
FROSTED FLAKES  
STRING CHEESE  
FRESH FRUIT

**TURKEY CORN DOG**  
BAKED BEANS  
MIXED FRUIT  
ANIMAL CRACKERS

21  
COLD CEREAL, VARIETY  
STRING CHEESE/FRESH FRUIT

**TURKEY WITH DRESSING**  
WHIPPED POTATOES  
CORN BREAD DRESSING  
GREEN BEANS  
FRUIT SALAD  
WHOLE WHEAT ROLL - CAKE  
**PIZZA DAY FOR LES**

28  
YOGURT  
GRAHAM CRACKERS  
FRESH FRUIT

**CHICKEN NUGGETS**  
CARROTS  
APPLES  
WHOLE WHEAT ROLL

1  
FRUIT LOOPS  
STRING CHEESE  
FRESH FRUIT  
**MEATLOAF**  
COUNTRY GRAVY  
WHIPPED POTATOES  
PEACHES  
WHOLE WHEAT ROLL

8  
COLD CEREAL, VARIETY  
TOAST, 1 SLICE  
FRESH FRUIT

**FRENCH TOAST STICKS**  
FRESH FRUIT  
HASH BROWNS  
SAUSAGE PATTIE  
WHIPPED CREAM

15  
YOGURT / GRAHAM CRACKERS  
FRESH FRUIT

**TURKEY WITH DRESSING**  
WHIPPED POTATOES  
CORN BREAD DRESSING  
GREEN BEANS  
FRUIT SALAD  
WHOLE WHEAT ROLL - CAKE  
**PIZZA DAY FOR LMS**

29  
PLAIN BAGEL  
CREAM CHEESE  
FRESH FRUIT

**MAX CHEESE STICKS**  
BROCCOLI  
FRESH FRUIT

2  
FRENCH TOAST STICKS  
FRESH FRUIT

**EGG ROLLS**  
BROWN RICE  
ORIENTAL VEGETABLES  
MANDARIN ORANGES

9  
NO SCHOOL TODAY

16  
BOILED EGG  
TOAST, 1 SLICE  
FRESH FRUIT

**CHICKEN PATTIE ON A BUN**  
CARROTS  
ORANGES

22  
NO SCHOOL TODAY

23  
  
**Happy Thanksgiving**

30  
CHEESE OMELET  
TORTILLA WHEAT  
FRESH FRUIT

**TOSTADAS**  
CORN  
APPLESAUCE  
SPANISH RICE

3  
YOGURT  
GRAHAM CRACKERS  
FRESH FRUIT

**HOT DOG ON A BUN**  
BAKED BEANS  
APRICOTS

10  
NO SCHOOL TODAY

17  
BANANA BREAD  
FRESH FRUIT

**SPAGHETTI WITH MEAT SAUCE**  
BROCCOLI  
PEARS  
BREADSTICKS

24  
NO SCHOOL TODAY