

 **BREAKFAST**

 **LUNCH**

OCTOBER 2018

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
<p>Sausage Pattie Toast, 1 slice Fresh Fruit</p> <p>1</p> <p>CHEESE ENCHILADAS (RED) Pinto Beans Applesauce Tortilla</p>	<p>Cherry Fruedel Fresh Fruit</p> <p>2</p> <p>COUNTRY FRIED STEAK Carrots Country Gravy Ice Dog Whole Wheat Roll</p>	<p>Breakfast Pizza Fresh Fruit</p> <p>3</p> <p>CHICKEN STICKS Oven French Fries Peaches Whole Wheat Roll</p>	<p>Blueberry Muffin Fresh Fruit</p> <p>4</p> <p>MINI CORN DOGS Capri Blend Vegetables Whole Wheat Roll Jell-O with Fruit</p>	<p>Oatmeal Toast, 1 slice Fresh Fruit</p> <p>5</p> <p>MEATBALLS IN BROWN GRAVY Brown Rice Pears Broccoli Fortune Cookie</p>
<p>Biscuits & Gravy Fresh Fruit</p> <p>8</p> <p>MACARONI AND CHEESE Mixed Vegetables Apples Whole Wheat Roll</p>	<p>Cream of Wheat Toast, 1 slice Fresh Fruit</p> <p>9</p> <p>BEEF TACOS (HARD SHELL) Pinto Beans Apple Wedges Tortilla</p>	<p>Hash Browns Sausage Pattie Fresh Fruit</p> <p>10</p> <p>CHICKEN NUGGETS Broccoli Mandarin Oranges Whole Wheat Roll</p>	<p>Pancake Wrap Fresh Fruit</p> <p>11</p> <p>PIZZA Carrot Sticks Sidekicks</p>	<p>12</p>
<p>Mini Bagel Fresh Fruit</p> <p>15</p> <p>SPAGHETTI AND MEAT SAUCE Mixed Vegetables Pears Garlic Breadsticks</p>	<p>Cheese Omelet Tortilla Fresh Fruit</p> <p>16</p> <p>TOSTADA Mixed Fruit Mexicali Corn Chex Mix</p>	<p>Banana Bread Fresh Fruit</p> <p>17</p> <p>CHICKEN NUGGETS Carrots Applesauce Whole Wheat Roll</p>	<p>Breakfast Pizza Fresh Fruit</p> <p>18</p> <p>BEEF STEW Broccoli Apricots Whole Wheat Roll</p>	<p>Cinni Minis Fresh Fruit</p> <p>19</p> <p>CHEESEBURGER Baked Beans Peaches</p>
<p>Scrambled Eggs Wheat Tortilla Fresh Fruit</p> <p>22</p> <p>GREEN CHILE STEW CHICKEN TAQUITOS Mixed Vegetables Cantaloupe Whole Wheat Roll</p>	<p>Pancakes Sausage Pattie Fresh Fruit</p> <p>23</p> <p>GRILLED CHEESE SANDWICH Green Beans Mandarin Oranges</p>	<p>Apple Fruedel Fresh Fruit</p> <p>24</p> <p>CHICKEN PATTIE ON A BUN Carrots Apricots</p>	<p>Graham Crackers Yogurt Fresh Fruit</p> <p>25</p> <p>BEEF FAJITAS Corn Cantaloupe</p>	<p>Honey Nut Cheerios String Cheese Fresh Fruit</p> <p>26</p> <p>PIZZA Broccoli Sidekicks</p>
<p>Breakfast Burrito Fresh Fruit</p> <p>29</p> <p>CHILI CON CARNE WITH BEANS Fresh Vegetables Cinnamon Apple Slices Animal Crackers Corn Bread</p>	<p>Cream of Wheat Toast, 1 slice Fresh Fruit</p> <p>30</p> <p>GRILLED HAM AND CHEESE Green Beans Mandarin Oranges</p>	<p>Cherry Fruedel Fresh Fruit</p> <p>31</p> <p>BBQ PORK ON A BUN Carrots Apricots</p>		



Your cafeteria is managed by
Canteen of Central New Mexico

