



Your cafeteria is managed by
Canteen of Central New Mexico
an equal opportunity employer



LUNCH MENU 2019-2020



DATE	Monday	Tuesday	Wednesday	Thursday	Friday
8/5 9/16 10/28 12/9	PAPA JOHNS PIZZA (1EA) VEG.-BROCCOLI (3/4 CP) FRUIT-MIXED FRUIT (1/2 CP) GRAIN-ANIMAL CRACKERS (1EA) RANCH DRESSING (1oz)  MILK (8OZ-1EA)	FRESH BEEF TACO (2oz) VEG.-PINTO BEANS (3/4 CP) FRUIT-CANTALOUPE (1EA) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz) MILK (8OZ-1EA)	CORN DOG (1EA) VEG.-HOT CARROTS (3/4 CP) FRUIT-CINN. APPLE (1/2 CP) GRAIN-INCLUDED IN ENTREE KETCHUP, MUSTARD(1oz) MILK (8OZ-1EA)	MEATLOAF W/ GRAVY (1EA) VEG.-MIXED VEGGIES (3/4 CP) FRUIT-PEACHES (1/2 CP) GRAIN-WW BREADSTICK (1EA) MILK (8OZ-1EA)	BEAN & CHEESE BURRITO (1EA) VEG.-CORN (3/4 CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTRÉE PICANTE (1oz) MILK (8OZ-1EA) 
8/12 9/23 11/4 12/16	CHEESEBURGER (1EA, 1 SLICE CHEESE) VEG.-PORK AND BEANS (3/4 CP) FRUIT-MIXED FRUIT (1/2 CP) GRAIN-HAMBURGER BUN (1EA) MUSTARD, KETCHUP, PICKLES (1oz) MILK (8OZ-1EA)	PAPA JOHNS PIZZA (1EA) VEG.-FRESH CARROTS (3/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-INCLUDED IN ENTRÉE RANCH DRESSING (1oz) MILK (8OZ-1EA)	FETTUCINI CHICKEN ALFREDO (3/4CP) VEG.-MIXED VEG (3/4 CP) FRUIT-MANDARIN ORANGES (1/2 CP) GRAIN- WG BREAD STICK (1EA) MILK (8OZ-1EA)	COUNTRY FRIED STEAK W/ GRAVY (1EA) VEG.-WHIP POTATOES (3/4 CP) FRUIT-PEARS (1/2 CP) GRAIN- ROLL(1EA) MILK (8OZ-1EA)	CHICKEN NUGGETS (5EA) VEG.-BROCCOLI (3/4 CP) FRUIT-ORANGE (1EA) GRAIN-ROLL (1EA) KETCHUP (1oz) MILK (8OZ-1EA)
8/19 9/30 11/11 12/23	PAPA JOHNS PIZZA (1EA) VEG.-CARROTS (3/4 CP) FRUIT-PINEAPPLE (1/2 CP) GRAIN-INCLUDED IN ENTREE RANCH (1oz) MILK (8OZ-1EA)	FRITO PIE (2oz, CHIPS 1oz) VEG.-CORN (3/4 CP) FRUIT-MANDARIN ORANGES (1/2 CP) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) MILK (8OZ-1EA)	HOT DOG (1EA) VEG.-FRESH BROCCOLI (3/4 CP) FRUIT-MIXED FRUIT (1/2 CP) GRAIN- BUN (1EA) KETCHUP (1oz) MILK (8OZ-1EA)	BOW TIE LASAGNA (3/4CP) VEG.-GREEN BEANS (3/4 CP) FRUIT-APPLESAUCE (1/2 CP) GRAIN-WW GARLIC (1EA) BREADSTICK (1EA) MILK (8OZ-1EA)	SPICY CHICKEN SANDWICH (1EA) VEG.-BAKED BEANS (3/4 CP) FRUIT-PEACHES (1/2 CP) GRAIN-HAMBURGER BUN (1EA) MILK (8OZ-1EA)
8/26 10/7 11/18 12/30	PULLED CHICKEN W/BBQ SAUCE (2oz) VEG.-BROCCOLI (3/4 CP) FRUIT-PEACHES (1/2 CP) GRAIN- HAMBURGER BUN (1EA) MILK (8OZ-1EA)	SOFT CHICKEN TACO (2oz) VEG.-PINTO BEANS (3/4 CP) FRUIT-ORANGE (1EA) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz)  MILK (8OZ-1EA)	SALISBURY STEAK (1EA) VEG.-WHIP POTATOES (3/4 CP) FRUIT-MIXED FRUIT (1/2 CP) GRAIN-WHEAT BISCUIT (1EA) BROWN GRAVY (1oz) MILK (8OZ-1EA)	PAPA JOHNS PIZZA (1EA) VEG.-FRESH CARROTS (3/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-INCLUDED IN ENTRÉE RANCH DRESSING (1oz) MILK (8OZ-1EA)	CRISPY CHICKEN STICKS (8EA) VEG.-GREEN BEANS (3/4 CP) FRUIT-MANDARIN ORANGES (1/2 CP) GRAIN-ROLL (1EA) KETCHUP (1oz) MILK (8OZ-1EA)
9/2 10/14 11/25 1/6	DRUM STICK (1EA) VEG.-MIXED VEG. (3/4 CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTRÉE MILK (8OZ-1EA)	SLOPPY JOE (2oz) VEG.-HOT CARROTS (3/4 CP) FRUIT-MELON (1EA) GRAIN-HAMBURGER BUN (1EA) MILK (8OZ-1EA)	CHICKEN FAJITAS (2oz) VEG.-PINTO BEANS (3/4 CP) FRUIT-PEACHES (1/2 CP) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz) MILK (8OZ-1EA)	MAC AND CHEESE (3/4CP) VEG.-BROCCOLI (3/4 CP) FRUIT-MIXED FRUIT (1/2 CP) GRAIN-ROLL (1EA) MILK (8OZ-1EA)	PHILLY PINWHEEL (1 EA) VEG.- CORN (3/4 CP) FRUIT-CINN. APPLES (1/2 CP) GRAIN-INCLUDED IN ENTREE MILK (8OZ-1EA)
9/9 10/21 12/2 1/13	PAPA JOHNS PIZZA (1EA) VEG.-BROCCOLI (3/4 CP) FRUIT-HONEYDEW (1EA) GRAIN-INCLUDED IN ENTREE RANCH DRESSING (1oz) MILK (8OZ-1EA)	SPAGHETTI W/ MEAT SAUCE (3/4CP) VEG.-CARROTS (3/4 CP) FRUIT-APPLESAUCE (1/2 CP) GRAIN-WG GARLIC BREAD (1EA) MILK (8OZ-1EA)	CHICKEN NUGGETS (5EA) VEG.-FRESH CELERY (3/4 CP) FRUIT-PEARS (1/2 CP) GRAIN-ROLL (1EA) BBQ SAUCE (1oz) MILK (8OZ-1EA)	FRITO PIE (2oz) VEG.-MEXICALI CORN (3/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) MILK (8OZ-1EA)	GRILLED CHEESE (1EA) VEG.-PINTO BEANS (3/4 CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTRÉE MILK (8OZ-1EA) 

High schools serve 1 cup of fruits and vegetables daily