

BREAKFAST
LUNCH

FEBRUARY 2019

LA ACADEMIA DE ESPERANZA

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

FRENCH TOAST STICKS
SAUSAGE PATTIE
FRESH FRUIT

4

CHICKEN STICKS
MIXED VEGETABLES
MANDARIN ORANGES
WHOLE WHEAT ROLL

BREAKFAST BURRITO
FRESH FRUIT

11

CHICKEN NUGGETS
CAPRI BLEND VEGETABLES
MANDARIN ORANGES
ANIMAL CRACKERS

18

PRESIDENT'S DAY
NO SCHOOL

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT

25

CHICKEN PATTIE ON A BUN
GREEN BEANS
MANDARIN ORANGES

Tuesday



CHEESE QUESADILLA
FRESH FRUIT

5

HOT DOG ON A BUN
OVEN FRENCH FRIES
PINEAPPLE CHUNKS

BREAKFAST PIZZA
FRESH FRUIT

12

CHICKEN ENCHILADAS
PINTO BEANS
MIXED FRUIT
TORTILLA

19

NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

MEATLOAF
CARROTS
BROCCOLI
ICE DOG
WHOLE WHEAT ROLL

APPLE FRUDEL
FRESH FRUIT

26

Combo Plate:
BEEF TAQUITOS
TAMALES
PINTO BEANS
MIXED FRUIT
SCOOBY SNACKS

Wednesday



Your cafeteria is managed by
Canteen of Central New Mexico

ZUCCHINI BREAD
FRESH FRUIT

6

BBQ CHICKEN ON A BUN
CARROTS
PEARS
RICE KRISPIE TREATS

PEANUT BUTTER & JELLY
FRESH FRUIT

13

TUNA SALAD SANDWICH
CORN
APRICOTS
SUN CHIPS

20

BREAKFAST COMBO BAR
TORTILLA
FRESH FRUIT

CHICKEN FAJITAS
PINTO BEANS
MANDARIN ORANGES
TORTILLA

27

CINNI MINIS
FRESH FRUIT

TORTILLA BURGER
TATER TOTS
PEARS
CHEESE ITZ

Thursday

PANCAKE WRAP
FRESH FRUIT

7

CHICKEN RICE
PINTO BEANS
CINNAMON APPLE SLICES
WHOLE WHEAT ROLL

BAGEL, PLAIN
CREAM CHEESE
FRESH FRUIT

14

BBQ RIBETTE
SWEET POTATO FRIES
PINEAPPLE CHUNKS
WHOLE WHEAT ROLL

21

BLUEBERRY MUFFIN
FRESH FRUIT

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

28

PANCAKE WRAP
FRESH FRUIT

PIZZA
CARROTS
JELL-O WITH FRUIT

Friday

NUTRIGRAIN BAR
YOGURT
FRESH FRUIT

1

PIZZA
CAPRI BLEND VEGETABLES
CINNAMON APPLE SLICES
BROWNIES

POP TART
YOGURT
FRESH FRUIT

8

MAX CHEESE STICKS
MARINARA SAUCE
BROCCOLI
MIXED FRUIT

BISCUIT & SAUSAGE
SANDWICH
FRESH FRUIT

15

PIZZA
BROCCOLI
SIDEKICKS
RICE KRISPIE TREATS

22

OATMEAL
TOAST, 1 SLICE
FRESH FRUIT

BEEF & PEPPER STEAK WITH RICE
MIXED VEGETABLES
APPLESAUCE
BROWN RICE

