

 **BREAKFAST**

 **LUNCH**

# MARCH 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**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Your cafeteria is managed by  
Canteen of Central New Mexico

MINI WAFFLE EGGO BITES  
FRESH FRUIT **4**

*PIZZA*  
ITALIAN BLEND VEGETABLES  
PINEAPPLE CHUNKS

CREAM OF WHEAT  
TOAST, 1 SLICE  
FRESH FRUIT **5**

*HAM & CHEESE HOAGIE*  
CARROTS  
CINNAMON APPLE SLICES

PANCAKE WRAP  
FRESH FRUIT **6**

*BBQ BEEF SANDWICH*  
MIXED FRUIT  
OVEN FRENCH FRIES  
WHOLE WHEAT ROLL

BREAKFAST PIZZA  
FRESH FRUIT **7**

*CHICKEN QUESADILLA*  
PINTO BEANS  
MANDARIN ORANGES  
SPANISH RICE

COLD CEREAL, VARIETY  
STRING CHEESE  
FRESH FRUIT **1**

*FIESTA BURRITO*  
BROCCOLI  
SIDEKICKS

FRENCH TOAST STICKS  
FRESH FRUIT **8**

*BAKED POTATO/BROC & CHEESE*  
BROCCOLI  
FRESH FRUIT  
WHOLE WHEAT ROLL

**11**

**12**

**13**

**14**

**15**

BANANA BREAD  
FRESH FRUIT **18**

*MEAT LOAF*  
WHIPPED POTATOES  
APPLESAUCE  
WHOLE WHEAT ROLL

CHEESE OMELET  
ENGLISH MUFFIN, TOASTED  
FRESH FRUIT **19**

*CHILE CHEESE FRIES*  
PINTO BEANS  
PINEAPPLE CHUNKS  
WHOLE WHEAT ROLL

COLD CEREAL, VARIETY  
TOAST, 1 SLICE  
FRESH FRUIT **20**

*CORN DOG*  
CARROTS  
PEARS  
WHOLE WHEAT ROLL

PANCAKE WRAP  
FRESH FRUIT **21**

*PIZZA*  
ITALIAN BLEND VEGETABLES  
ICE DOG

NUTRI GRAIN  
YOGURT  
FRESH FRUIT **22**

*HOAGIE SANDWICH*  
BROCCOLI  
JELLO W/ FRUIT

MINI PANCAKE EGGO BITES  
FRESH FRUIT **25**

*NACHOS SUPREME*  
PINTO BEANS  
PEARS  
TORTILLA

BOSCO STICKS  
FRESH FRUIT **26**

*MEATBALL SUB SANDWICH*  
BROCCOLI  
MANDARIN ORANGES  
LEMON DINOS

POP TART  
FRESH FRUIT **27**

*FRITO PIE*  
TATER TOTS  
PEACHES  
BANANA BREAD

BREAKFAST PIZZA  
FRESH FRUIT **28**

*CHICKEN STICKS*  
SWEET POTATO FRIES  
MIXED FRUIT  
BREADSTICKS

CHERRY FRUDEL  
FRESH FRUIT **29**

*PIZZA*  
MIXED VEGETABLES  
PINEAPPLE CHUNKS

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