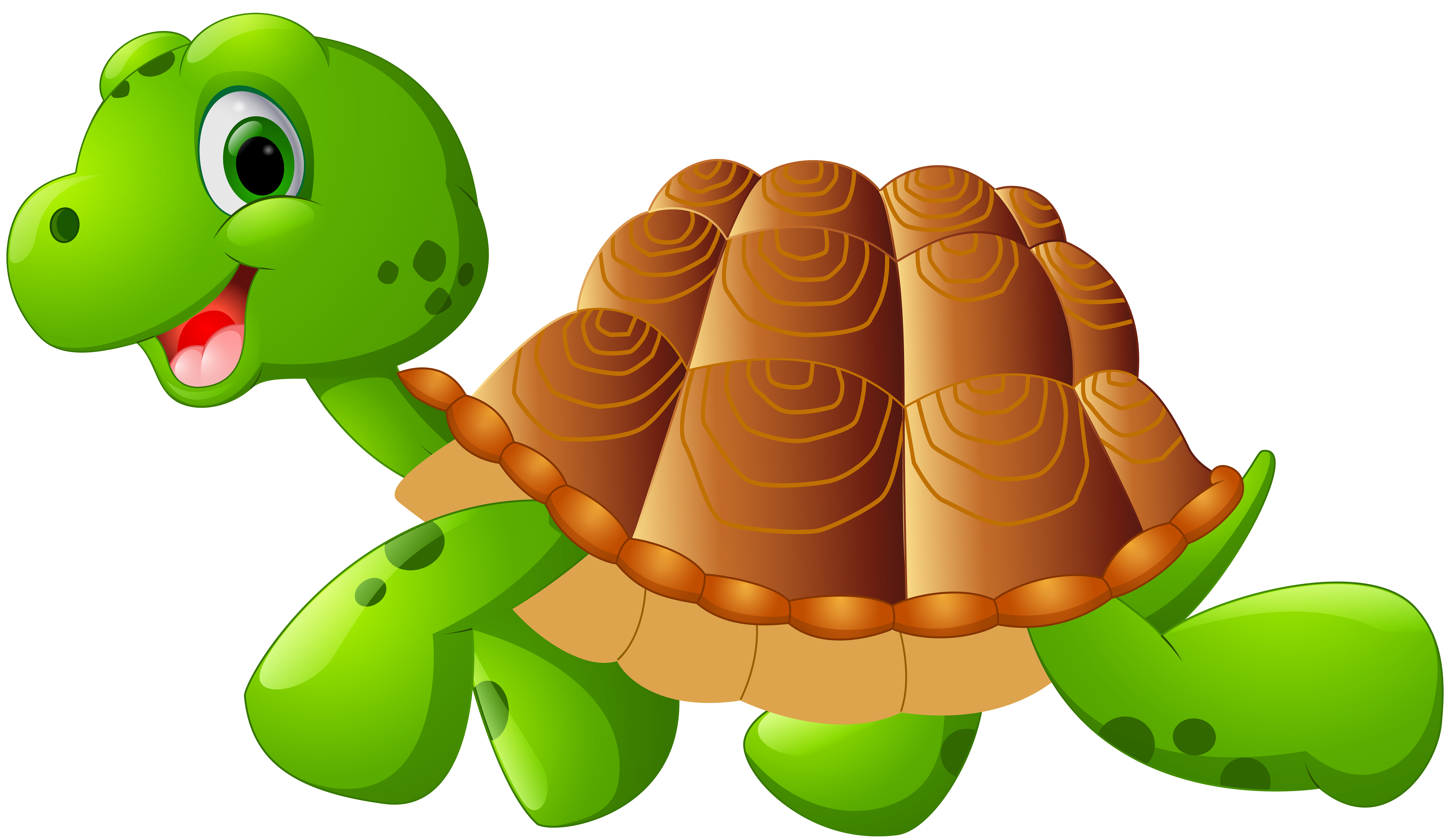
|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **DATE** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8/1 8/29 9/26 10/24 11/21 12/19 1/16** | **PAPA JOHNS PIZZA (1EA)**  **VEG.-BROCCOLI (1/4 cp)**  **FRUIT-MIXED FRUIT (1/4cp)**  **GRAIN-INCLUDED IN ENTRÉE**  **RANCH (1oz)**  **MILK (6oz)** | **FRESH BEEF TACO (2oz)**  **VEG.-PINTO BEANS (1/4cp)**  **FRUIT-CANTALOUPE (1EA)**  **GRAIN- TORTILLA (1EA)**  **SHREDDED CHEESE (1oz)**  **MILK (6oz)** | **SLOPPY JOE (2 OZ)**  **VEG.-MIXED VEGGIES (1/4 cp)**  **FRUIT-CINN. APPLE SLICES (1/4 cp)**  **GRAIN-HAMBURGER BUN(1EA)**  **MILK (6oz)** | **CHICKEN FRIED STEAK (1EA)**  **VEG.-MASH POTATOES (1/4 cp)**  **FRUIT-PEACHES (1/4 cp)**  **GRAIN-BISCUIT (1EA)**  **MILK (6oz)** | **CHICKEN FAJITAS (1/4CP)**  **VEG.-CARROTS (1/4 cp)**  **FRUIT-APPLE (1EA)**  **GRAIN-TORTILLA**  **PICANTE (1oz)**  **MILK (6oz)** |
| **8/8 9/5 10/3 10/31 11/28 12/26 1/23** | **CHEESEBURGER (1EA, 1 SLICE CHEESE)**  **VEG.-BAKED BEANS (1/4cp)**  **FRUIT-MIXED FRUIT (1/4cp)**  **GRAIN- HAMBURGER BUN (1EA)**  **MUSTARD, KETCHUP, PICKLES (1oz)**  **MILK (6oz)** | **CHICKEN AND RICE (3/4CP)**  **VEG.-CARROTS (1/4 cp)**  **FRUIT-MANDARIN ORANGES (1/4 cp)**  **GRAIN-SALTINE CRACKERS (2EA)**  **MILK (6oz)** | **SPAGEHETTI (3/4CP)**  **VEG.-BROCCOLI (1/4 cp)**  **FRUIT-FRESH FRUIT (1EA)**  **GRAIN- BREADSTICK**  **MILK (6oz)** | **BBQ CHICKEN**  **VEG.-MIXED VEGGIES (1/4 cp)**  **FRUIT-PEARS (1/4 cp)**  **GRAIN- HAMBURGER BUN (1EA)**  **MILK (6oz)** | **CHICKEN NUGGETS (5EA)**  **VEG.-POTATO WEDGES (1/4 cp)**  **FRUIT-ORANGE (1EA)**  **GRAIN-ROLL (1EA)**  **KETCHUP (1oz)**  **MILK (6oz)** |
| **8/15 9/12 10/10 11/7 12/5 1 / 2 1/30** | **PAPA JOHNS PIZZA (1EA)**  **VEG.-CARROTS (1/4 cp)**  **FRUIT-PINEAPPLE (1/4 cp)**  **GRAIN-INCLUDED IN ENTRÉE**  **RANCH (1oz)**  **MILK (6oz)** | **MAC AND CHEESE (3/4 cp)**  **VEG.-CELERY (1/4 cp)**  **FRUIT-MIXED FRUIT (1/4cp)**  **GRAIN- ROLL (1EA)**  **MILK (6oz)**  **\*\*SCHOOLS- CORN DOG (1EA)** | **FRITO PIE (2oz, CHIPS 1oz)**  **VEG.-CORN (1/4 cp)**  **FRUIT-MANDARIN ORANGES (1/4 cp)**  **GRAIN-TORTILLA (1EA)**  **SHREDDED CHEESE (1oz)**  **MILK (6oz)** | **BOW TIE LASAGNA (3/4CP)**  **VEG.-BROCCOLI (1/4 cp)**  **FRUIT-APPLESAUCE (1/4cp)**  **GRAIN- GARLIC BREADSTICK (1EA)**  **MILK (6oz)** | **CRISPY CHICKEN**  **SANDWICH (1EA)**  **VEG.-BAKED BEANS (1/4cp)**  **FRUIT-PEACHES (1/4 cp)**  **GRAIN-HAMBURGER BUN (1EA)**  **MILK (6oz)** |
| **8/22 9/19 10/17 11/14 12/12 1/9** | **BEEF AND MAC (3/4 cp)**  **VEG.-BROCCOLI (1/4 cp)**  **FRUIT-PEACHES (1/4 cp)**  **GRAIN-ROLL (1EA)**  **MILK (6oz)** | **SOFT CHICKEN TACO (2oz)**  **VEG.-PINTO BEANS (1/4cp)**  **FRUIT-ORANGE (1EA)**  **GRAIN-TORTILLA (1EA)**  **SHREDDED CHEESE (1oz)**  **PICANTE SAUCE (1oz)**  **MILK (6oz)** | **SALISBURY STEAK (1EA)**  **VEG.-WHIP POTATOES (1/4 cp)**  **FRUIT-MIXED FRUIT (1/4cp)**  **GRAIN-DINNER ROLL (1EA)**  **BROWN GRAVY (1oz)**  **MILK (6oz)** | **GRILLED CHEESE (1EA)**  **VEG.-FRESHCARROTS (1/4 cp)**  **FRUIT-FRESH FRUIT (1EA)**  **GRAIN-INCLUDED IN ENTRÉE**  **MILK (6oz)** | **BEAN BURRITO (1EA)**  **VEG.-GREEN BEANS (1/4cp)**  **FRUIT-MANDARIN ORANGES (1/4 cp)**  **GRAIN-INCLUDED IN ENTREE**  **PICANTE SAUCE (1oz)**  **MILK (6oz)** |



**LUNCH MENU 2022-2023**

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**Canteen of Central New Mexico an equal opportunity employer**

