

BREAKFAST

LUNCH

OCTOBER 2021

EL CAMINO REAL ACADEMY



Your cafeteria is managed by
Canteen of Central New Mexico

Monday

Tuesday

Wednesday

Thursday

Friday

DAILY BREAKFAST SERVED WITH 1 CUP OF FRESH FRUIT

All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.

DUE TO COVID-19: YOUR SCHOOL MAY NOT HAVE A SALAD BAR

MUFFINS

4

CORNDOG
CAPRI BLEND
APPLESAUCE
WHOLE WHEAT ROLL

BREAKFAST PIZZA

5

CHICKEN STICKS
CORN
APRICOTS
WHOLE WHEAT ROLL

BAGELS & CREAM CHEESE

6

BEEF TAQUITOS
PINTO BEANS
CINNAMON APPLE SLICES

COLD CEREAL & STRING CHEESE

7

GRILLED CHEESE SANDWICH
CARROTS
MANDARIN ORANGE

PANCAKE WRAP

1

CHICKEN NUGGETS
BROCCOLI
PEACHES
WHOLE WHEAT ROLL

FALL BREAK

11

WAFFLES MINI EGGO BITES

12

MAX CHEESE STICKS
MARINARA SAUCE
GREEN BEANS
MANDARIN ORANGE

APPLE BOSCO STICK

13

CHICKEN PATTIE ON A BUN
BROCCOLI
APRICOTS

NUTRI GRAIN
YOGURT

14

TURKEY AND CHEESE WRAP
CARROTS
MIXED FRUIT
TORTILLA

PANCAKE WRAP

15

FRENCH TOAST STICKS
SAUSAGE PATTIE
HASH BROWNS
MIXED FRUIT

BREAKFAST BURRITO

18

TAMALES
PINTO BEANS
TORTILLA
PEARS

CHERRY FRUDEL

19

STEAK FINGERS
CARROTS
PINEAPPLE
WHOLE WHEAT ROLL

EGG BOWL FRITTATA

20

BEEF RAVIOLI
BROCCOLI
PEACHES

CINNI MINI

21

CHEESEBURGER
FRENCH FRIES
APPLESLICES

ZUCCHINI BREAD

22

PIZZA
CELERY STICKS
SIDEKICKS

BLUEBERRY MUFFIN

25

CHICKEN NUGGETS
BAKED BEANS
APPLESAUCE
DINNER ROLL

COLD CEREAL
STRING CHEESE

26

FRITO PIE
GREEN BEANS
PEACHES
DINNER ROLL

POP TART

27

MAX CHEESE STICKS
MARINARA SAUCE
CORN
FRESH FRUIT

BREAKFAST COMBO BAR
WHEAT TORTILLA

28

FIESTA BURRITO
CARROTS
MIXED FRUIT

FRENCH TOAST STICKS

29

PHILLY STEAK PINWHEELS
BROCCOLI
PINEAPPLE

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