

OCTOBER 2022

EL CAMINO REAL ACADEMY



Your cafeteria is managed by
Canteen of Central New Mexico

BREAKFAST

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
MUFFINS, ASSORTED 3 <i>CHEESE ENCHILADAS - RED</i> PINTO BEANS APPLESAUCE TORTILLA	BAGEL-FULS 4 <i>STEAK FINGERS</i> CARROT STICKS BROCCOLI ICE DOG DINNER ROLL	COFFEE CAKE 5 <i>CHICKEN DRUMSTICKS</i> WHIPPED POTATOES PEACHES DINNER ROLL	COLD CEREAL STRING CHEESE 6 <i>MINI CORN DOGS</i> CAPRI BLEND VEGETABLES JELL-O WITH FRUIT	7
10	WAFFLE MINI EGGO BITES 11 <i>PIZZA</i> CARROT STICKS GREEN BEANS SIDEKICKS	APPLE BOSCO STICK 12 <i>BEEF TACOS - HARD SHELL</i> PINTO BEANS CINNAMON APPLE SLICES TORTILLA	COLD CEREAL STRING CHEESE 13 <i>FRENCH TOAST STICKS</i> SAUSAGE PATTIE HASH BROWNS FRESH FRUIT	PANCAKE WRAP 14 <i>CHICKEN NUGGETS</i> BROCCOLI CANTALOUPE DINNER ROLL
BAGEL CREAM CHEESE 17 <i>SPAGHETTI AND MEAT SAUCE</i> MIXED VEGETABLES PEARS GARLIC BREADSTICKS	CHERRY FRUDEL 18 <i>FIESTA BURRITO</i> MIXED FRUIT MEXICALI CORN	COFFEE CAKE 19 <i>GRILLED CHEESE SANDWICH</i> CARROTS APPLESAUCE	CINNI MINIS 20 <i>POPCORN CHICKEN</i> BROCCOLI APRICOTS DINNER ROLL	ZUCCHINI BREAD 21 <i>CHEESEBURGER</i> BAKED BEANS PEACHES
BLUEBERRY MUFFIN 24 <i>NACHOS SUPREME</i> PINTO BEANS CINNAMON APPLE SLICES ANIMAL CRACKERS	COLD CEREAL STRING CHEESE 25 <i>CHILE CHEESE DOG</i> GREEN BEANS MANDARIN ORANGES	POP TART 26 <i>CHICKEN PATTIE ON A BUN</i> SWEET POTATO TATER TOTS APRICOTS	BREAKFAST COMBO BAR TORTILLA 27 <i>SALISBURY STEAK</i> WHIPPED POTATOES CANTALOUPE DINNER ROLL	FRENCH TOAST STICKS 28 <i>PIZZA</i> BROCCOLI SIDEKICKS BROWNIES
POP TART 31 <i>ORANGE CHICKEN</i> BROCCOLI BROWN RICE PINEAPPLE CHUNKS FORTUNE COOKIE	<p>Breakfast is served with fresh fruit daily. 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 AND MAY HAVE MENU CHANGES DUE TO SHORTAGES</p>			

Monday

Tuesday

Wednesday

Thursday

Friday

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