

OCTOBER 2023

EL CAMINO REAL ACADEMY



Your cafeteria is managed by
Canteen of Central New Mexico

BREAKFAST

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
BLUEBERRY MUFFIN 2 <i>CHICKEN NUGGETS</i> MIXED VEGETABLES PEACHES DINNER ROLL	CHEESE OMELET TORTILLA 3 <i>BEEF TACOS</i> PINTO BEANS PINEAPPLE CHUNKS FRESH SALSA	ENGLISH MUFFIN SANDWICH 4 <i>CHICKEN DRUMSTICKS</i> WHIPPED POTATOES APRICOTS DINNER ROLL	BREAKFAST BURRITO 5 <i>FRITO PIE</i> BROCCOLI MIXED FRUIT	COLD CEREAL 6 <i>PIZZA</i> CARROTS FRESH FRUIT
COLD CEREAL 9 <i>FAMOUS BOWL</i> CINNAMON APPLE SLICES DINNER ROLL	WAFFLE MINI EGGO BITES 10 <i>BEAN & CHEESE BURRITO</i> CARROTS PEACHES FRESH SALSA	CHOCOLATE DONUT 11 <i>FRENCH TOAST STICKS</i> HASH BROWNS SAUSAGE PATTIE MANDARIN ORANGES	NUTRIGRAIN BAR YOGURT 12 <i>BEEF ENCHILADAS - RED</i> PINTO BEANS PEARS	13
16	CHERRY FRUDEL 17 <i>SLOPPY JOE ON A ROLL</i> CORN PEACHES	BAGEL-FULS 18 <i>LASAGNA WITH GROUND BEEF</i> BROCCOLI PEARS GARLIC BREADSTICKS	CINNI MINIS 19 <i>POSOLE WITH CHICKEN</i> PINTO BEANS MIXED FRUIT DINNER ROLL	EGG, HAM & CHEESE CROISSANTS 20 <i>PIZZA</i> MIXED VEGETABLES PINEAPPLE CHUNKS
BLUEBERRY MUFFIN 23 <i>TACO BURGER</i> PINTO BEANS APPLESAUCE SUN CHIPS	COLD CEREAL 24 <i>SPAGHETTI AND MEAT SAUCE</i> MIXED VEGETABLES MANDARIN ORANGES BREADSTICKS	POP TART 25 <i>HOT DOG ON A BUN</i> PEAS MIXED FRUIT	BREAKFAST COMBO BAR 26 <i>LOADED BAKED POTATO</i> BROCCOLI CHEESE SAUCE PINEAPPLE CHUNKS DINNER ROLL CAKE	PANCAKE MINI BREAKFAST BITES 27 <i>MAX CHEESE STICKS</i> MARINARA SAUCE CARROTS MANDARIN ORANGES
NUTRIGRAIN BAR YOGURT 30 <i>COUNTRY FRIED STEAK</i> COUNTRY GRAVY WHIPPED POTATOES PINEAPPLE CHUNKS DINNER ROLL	GO-GURT GRAHAM CRACKERS 31 <i>CHICKEN BURRITO</i> CARROTS PEARS FRESH SALSA	<p>DAILY BREAKFAST SERVED WITH 1 CUP OF FRESH FRUIT Lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products.</p> <p>DUE TO SHORTAGES, WE MAY HAVE MENU CHANGES</p>		