

SEPTEMBER 2023

EL CAMINO REAL ACADEMY



Your cafeteria is managed by
Canteen of Central New Mexico

BREAKFAST

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

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.

DUE TO SHORTAGES, WE MAY HAVE MENU CHANGES

DONUT HOLES
(BLUEBERRY GLAZED) **1**

PIZZA
BROCCOLI
FRESH FRUIT

4

WAFFLE MINI EGGO BITES

5

TOSTADA
MIXED VEGETABLES
PEARS
FRESH SALSA

BREAKFAST PIZZA

6

MAC & CHEESE
BROCCOLI
APRICOTS
(HS ONLY: BREADSTICK)

CINNI MINIS

7

BEEF STEW
CARROT STICKS
FRESH FRUIT
DINNER ROLL
COOKIE

MUFFINS ASSORTED

8

CHICKEN DRUMSTICKS
BAKED BEANS
MIXED FRUIT
DINNER ROLL

NUTRIGRAIN BAR
YOGURT

11

TACO BURGER
PINTO BEANS
APPLESAUCE
SUN CHIPS

CEREAL BAR

12

SPAGHETTI AND MEAT SAUCE
MIXED VEGETABLES
MANDARIN ORANGES
BREADSTICKS

BAGEL-FULS

13

CHICKEN SALAD SANDWICH
PEAS
MIXED FRUIT

COLD CEREAL

14

LOADED BAKED POTATO
BROCCOLI
CHEESE SAUCE
PINEAPPLE CHUNKS
DINNER ROLL
CAKE

CHOCOLATE DONUT

15

PIZZA
CARROT STICKS
FRESH FRUIT

MUFFINS ASSORTED

18

CHICKEN NUGGETS
GREEN BEANS
PEACHES
DINNER ROLL

PANCAKE WRAP

19

CHICKEN BURRITO
CARROTS
PEARS
FRESH SALSA
(HS ONLY: SUN CHIPS)

BANANA BREAD

20

FRENCH TOAST STICKS
SAUSAGE PATTIE
HASH BROWNS
FRUIT SALAD

POP TART

21

FRITO PIE
MIXED VEGETABLES
FRESH FRUIT
DINNER ROLL

BAGEL
CREAM CHEESE

22

BEEF TACOS
PINTO BEANS
PINEAPPLE CHUNKS
FRESH SALSA
TORTILLA

CHERRY FRUDEL

25

STEAK FINGERS
WHIPPED POTATOES
APPLESAUCE
DINNER ROLL

COLD CEREAL

26

CHICKEN ENCHILADA CASSEROLE
PINTO BEANS
PEARS
SPANISH RICE

CINNAMON ROLL

27

PIZZA
CARROT STICKS
MANDARIN ORANGES

BLUEBERRY MUFFIN

28

FAMOUS BOWL
PEACHES
DINNER ROLL

PANCAKES MINI EGGO BITES

29

CHICKEN PATTIE ON A BUN
BROCCOLI
FRESH FRUIT

Monday

Tuesday

Wednesday

Thursday

Friday



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