


**BREAKFAST**  
**LUNCH**

# OCTOBER 2017

## NORTH VALLEY ACADEMY

All meals are served with a food bar and your choice of low-fat flavored or white milk.  
We use whole grain breads. All foods are baked.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SAUSAGE PATTIE TOAST, 1 SLICE FRESH FRUIT <b>2</b></p> <p>BEEF TAQUITOS PINTO BEANS TORTILLA WHEAT JELLO W/ FRUIT PICANTE SAUCE</p>	<p>CHERRY FRUDEL SIDEKICKS <b>3</b></p> <p>GRILLED CHEESE SANDWICH CARROTS FROZEN ICE DOG WHOLE WHEAT ROLL</p>	<p>OATMEAL TOAST, 1 SLICE FRESH FRUIT <b>4</b></p> <p>MAX CHEESE STICKS WHOLE GRAIN FRENCH FRIES OVEN PEACHES MARINARA SAUCE</p>	<p>PANCAKE WRAP FRESH FRUIT <b>5</b></p> <p>CHICKEN NUGGETS GREEN BEANS MANDARIN ORANGES DINNER ROLL KETCHUP</p>	<p>BREAKFAST BURRITO FRESH FRUIT <b>6</b></p> <p>PIZZA DOMINO'S 8 CUT ITALIAN BLEND SIDEKICKS</p>
<p>MUFFIN RASPBERRY VANILLA FRESH FRUIT <b>9</b></p> <p>MINI CORNDOGS CARROTS FROZEN MIXED FRUIT CROUTONS WHOLE WHEAT</p>	<p>CREAM OF WHEAT TOAST, 1 SLICE FRESH FRUIT <b>10</b></p> <p>CHICKEN STICKS BAKED BEANS APRICOTS WHOLE WHEAT ROLL</p>	<p>HASH BROWNS SAUSAGE PATTIE TORTILLA WHEAT FRESH FRUIT <b>11</b></p> <p>BEEF TACO HARD CORN FROZEN CINNAMON APPLE SLICES ANIMAL CRACKERS LETTUCE &amp; TOMATO, DICED</p>	<p><b>12</b></p>	<p><b>13</b></p>
<p>MINI BAGEL FRESH FRUIT <b>16</b></p> <p>CORNDOG, TURKEY PEAS PEARS</p>	<p>OATMEAL TOAST, 1 SLICE FRESH FRUIT <b>17</b></p> <p>FIESTA BURRITO MEXICALI CORN MIXED FRUIT</p>	<p>ZUCCHINI BREAD FRESH FRUIT <b>18</b></p> <p>COUNTRY FRIED STEAK CARROTS FROZEN APPLESAUCE COUNTRY GRAVY DINNER ROLL</p>	<p>BREAKFAST PIZZA FRESH FRUIT <b>19</b></p> <p>MEATBALL SUB MIXED VEGETABLES FROZEN FRESH FRUIT</p>	<p>CINNI MINIS FRESH FRUIT <b>20</b></p> <p>LASAGNA BAKED BEANS FRESH FRUIT GARLIC BREAD</p>
<p>BREAKFAST COMBO BAR TORTILLA WHEAT FRESH FRUIT <b>23</b></p> <p>NACHOS SUPREME PINTO BEANS CINNAMON APPLE SLICES GOLDFISH CRACKERS</p>	<p>WAFFLES MINI EGGO BITES FRESH FRUIT <b>24</b></p> <p>CHEESE BURGER GREEN BEANS FROZEN MANDARIN ORANGE KETCHUP</p>	<p>APPLE BOSCO STICK FRESH FRUIT <b>25</b></p> <p>CHICKEN PATTIE ON A BUN SWEET POT TATER TOTS APRICOTS KETCHUP</p>	<p>BANANA BREAD FRESH FRUIT <b>26</b></p> <p>BEEF FAJITAS WW CORN FROZEN CANTALOUPE</p>	<p>HONEY NUT CHEERIOS YOGURT FRESH FRUIT <b>27</b></p> <p>PIZZA DOMINO'S 8 CUT TUSCAN BLEND SIDEKICKS BROWNIES</p>
<p>BREAKFAST PIZZA FRESH FRUIT <b>30</b></p> <p>French Toast Sticks BK SAUSAGE PATTIE HASH BROWNS FRUIT SALAD</p>	<p>COLD CEREAL STRING CHEESE FRESH FRUIT <b>31</b></p> <p>HAM AND CHEESE WRAP BAKED BEANS APPLESAUCE</p>	<p> Your cafeteria is managed by <b>Canteen of Central New Mexico</b></p>		