

BREAKFAST
LUNCH

DECEMBER 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**



Your cafeteria is managed by
Canteen of Central New Mexico



4
PLAIN BAGEL/CREAM CHEESE / FRESH FRUIT
CHEESEBURGER
PEAS & CARROTS
PEACHES
CHEX MIX
LETTUCE & TOMATO, SLICED
MUSTARD & KETCHUP

5
POP TART
TOAST, 1 SLICE
FRESH FRUIT
HAM AND CHEESE WRAP
TATER TOTS
PINEAPPLE CHUNKS
KETCHUP

6
PANCAKE WRAP
FRESH FRUIT
CHICKEN PATTIE ON A BUN
BAKED BEANS
MIXED FRUIT
MUSTARD & MAYO

7
CINNI MINIS
FRESH FRUIT
CHICKEN NUGGETS
FRESH VEGETABLES
FRESH FRUIT
KETCHUP

1
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT
PIZZA
FRESH VEGETABLES
PINEAPPLE CHUNKS
COOKIE

8
BREAKFAST PIZZA
FRESH FRUIT
BEEF RAVIOLI
BROCCOLI
PEARS
GARLIC BREAD

11
NUTRIGRAIN BAR
YOGURT
FRESH FRUIT
POPCORN CHICKEN
SWEET POTATO FRIES
HONEYDEW MELON

12
ENGLISH MUFFIN SANDWICH
SAUSAGE PATTIE
FRESH FRUIT
FRITO PIE
MIXED VEGETABLES
JELL-O WITH FRUIT
LEMON DINOS

13
COLD CEREAL, VARIETY
STRING CHEESE
FRESH FRUIT
STEAK FINGERS
BAKED BEANS
PEARS
WHOLE WHEAT ROLL
KETCHUP

14
OATMEAL
TOAST, 1 SLICE
FRESH FRUIT
MINI CORN DOGS
CARROT STICKS
PINEAPPLE CHUNKS
CHEX MIX

15
BREAKFAST COMBO BAR
TORTILLA
FRESH FRUIT
PIZZA
BROCCOLI
PEACHES

18

19

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21

22

25

26

27

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29