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Canteen of Central New Mexico  
an equal opportunity employer



# LUNCH MENU 2019-2020



DATE	Monday	Tuesday	Wednesday	Thursday	Friday
1/6 2/17 3/30 5/11	BEEF STEW (3/4 CP) VEG. – BROCCOLI (1/4 CP) FRUIT-MIXED FRUIT (1/4 CP) GRAIN-DINNER ROLL (1EA) ORANGE SAUCE (1oz) MILK (6oz)	FRESH BEEF TACO (2oz) VEG.-PINTO BEANS (1/4 CP) FRUIT-CANTALOUPE (1EA) GRAIN- TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz) MILK (6oz)	FISH NUGGETS (4EA) VEG.-HOT CARROTS (1/4 CP) FRUIT-CINN. APPLE SLICES (1/4 CP) GRAIN- ROLL (1EA) KETCHUP (1oz) MILK (6oz)	MEATLOAF W/ GRAVY (1EA) VEG.-MIXED VEGGIES (1/4 CP) FRUIT-PEACHES (1/4 CP) GRAIN-WW BREADSTICK (1EA) MILK (6oz)	CHICKEN FAJITAS (1/4CP) VEG.-CORN (1/4 CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTRÉE PICANTE (1oz) MILK (6oz)
1/13 2/24 4/6 5/18	CHEESEBURGER (1EA, 1 SLICE CHEESE) VEG.-BAKED BEANS (1/4 CP) FRUIT-MIXED FRUIT (1/4 CP) GRAIN- HAMBURGER BUN (1EA) MUSTARD, KETCHUP, PICKLES (1oz) MILK (6oz)	PAPA JOHNS PIZZA (1EA) VEG.-FRESH CARROTS (1/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-INCLUDED IN ENTRÉE RANCH DRESSING (1oz) MILK (6oz)	FETTUCCINI CHICKEN ALFREDO (3/4CP) VEG.-FRESH BROCCOLI (1/4 CP) FRUIT-MANDARIN ORANGES (1/4 CP) GRAIN-BREAD STICK (1EA) MILK (6oz)	COUNTRY FRIED STEAK W/ GRAVY (1EA) VEG.-WHIP POTATOES (1/4 CP) FRUIT-PEARS (1/4 CP) GRAIN- ROLL (1EA) MILK (6oz)	CHICKEN NUGGETS (5EA) VEG.-MIXED VEGGIES (1/4 CP) FRUIT-ORANGE (1EA) GRAIN-ROLL (1EA) KETCHUP (1oz) MILK (6oz)
1/20 3/2 4/13 5/25	PAPA JOHNS PIZZA (1EA) VEG.-FRESH CARROTS (1/4 CP) FRUIT-PINEAPPLE (1/4 CP) GRAIN-INCLUDED IN ENTRÉE RANCH (1oz) MILK (6oz)	FRITO PIE (2oz, CHIPS 1oz) VEG.-CORN (1/4 CP) FRUIT-MANDARIN ORANGES (1/4 CP) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) MILK (6oz)	RAVIOLI (3/4CP) VEG.-STEAMED BROCCOLI (1/4 CP) FRUIT-MIXED FRUIT (1/4 CP) GRAIN- ROLL (1EA) MILK (6oz)	BOW TIE LASAGNA (3/4CP) VEG.-CELERY (1/4 CP) FRUIT-APPLESAUCE (1/4 CP) GRAIN-WW GARLIC BREADSTICK (1EA) MILK (6oz)	CRISPY CHICKEN SANDWICH (1EA) VEG.-BAKED BEANS (1/4 CP) FRUIT-PEACHES (1/4 CP) GRAIN-HAMBURGER BUN (1EA) MILK (6oz)
1/27 3/9 4/20 6/1	PULLED CHICKEN W/BBQ SAUCE (2oz) VEG.-BROCCOLI (1/4 CP) FRUIT-PEACHES (1/4 CP) GRAIN-HAMBURGER BUN (1EA) MILK (6oz)	SOFT CHICKEN TACO (2oz) VEG.-PINTO BEANS (1/4 CP) FRUIT-ORANGE (1EA) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz) MILK (6oz)	SALISBURY STEAK (1EA) VEG.-WHIP POTATOES (1/4 CP) FRUIT-MIXED FRUIT (1/4 CP) GRAIN-DINNER ROLL (1EA) BROWN GRAVY (1oz) MILK (6oz)	PAPA JOHNS PIZZA (1EA) VEG.-FRESH CARROTS (1/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-INCLUDED IN ENTRÉE RANCH DRESSING (1oz) MILK (6oz)	CRISPY CHICKEN STICKS (8EA) VEG.-GREEN BEANS (1/4 CP) FRUIT-MANDARIN ORANGES (1/4 CP) GRAIN-ROLL (1EA) KETCHUP (1oz) MILK (6oz)
2/3 3/16 4/27 6/8	CHEESE STICKS (2 EA) VEG.-MIXED VEG(1/4CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTREE MILK (6oz)	SLOPPY JOE (2oz) VEG.-HOT CARROTS (1/4 CP) FRUIT-MELON (1EA) GRAIN-HAMBURGER BUN (1EA) MILK (6oz)	CHICKEN FAJITAS (2oz) VEG.-PINTO BEANS (1/4 CP) FRUIT-PEACHES (1/4 CP) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) PICANTE SAUCE (1oz) MILK (6oz)	MAC AND CHEESE (3/4CP) VEG.-BROCCOLI (1/4CP) FRUIT-MIXED FRUIT (1/4 CP) GRAIN- ROLL (1EA) MILK (6oz)	BEAN BURRITO (1EA) VEG.-CORN (1/4 CP) FRUIT-CINN. APPLES (1/4 CP) GRAIN-INCLUDED IN ENTREE MILK (6oz)
2/10 3/23 5/4 6/15	PAPA JOHNS PIZZA (1EA) VEG.-BROCCOLI (1/4 CP) FRUIT-HONEYDEW (1EA) GRAIN-INCLUDED IN ENTRÉE RANCH DRESSING (1oz) MILK (6oz)	SPAGHETTI W/ MEAT SAUCE (3/4CP) VEG.-FRESH CARROTS (1/4 CP) FRUIT-APPLESAUCE (1/4 CP) GRAIN-WG GARLIC BREAD (1EA) MILK (6oz)	CHICKEN NUGGETS (5EA) VEG.-MIXED VEGETABLES (1/4 CP) FRUIT-PEARS (1/4 CP) GRAIN-ROLL (1EA) BBQ SAUCE (1oz) MILK (6oz)	FRITO PIE (2oz) VEG.-MEXICALI CORN (1/4 CP) FRUIT-FRESH FRUIT (1EA) GRAIN-TORTILLA (1EA) SHREDDED CHEESE (1oz) MILK (6oz)	GRILLED CHEESE (1EA) VEG.-PINTO BEANS (1/4 CP) FRUIT-APPLE (1EA) GRAIN-INCLUDED IN ENTRÉE MILK (6oz)

