

# SEPTEMBER 2023

## LAGUNA BREAKFAST



Your cafeteria is managed by  
Canteen of Central New Mexico



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)  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

4

**BISCUITS & GRAVY**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

5

**PANCAKE WRAP**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

6

**CINNI MINIS**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

7

**MUFFINS ASSORTED**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

8

11

**NUTRI GRAIN  
YOGURT**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

12

**BISCUIT EGG CHEESE SANDWICH**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

13

**BAGEL-FRESH FRUIT**  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK  
ULS

14

**COLD CEREAL**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

15

**BREAKFAST BURRITO**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

18

**MUFFINS ASSORTED**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

19

20

**BANANA BREAD**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

21

**POP TART**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

22

**CINNI MINIS**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

25

**CHERRY FRUDEL**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

26

**COLD CEREAL**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

27

**CINNAMON ROLL**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

28

**BREAKFAST COMBO BAR**  
TORTILLA  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

29

**PANCAKES MINI EGGO BITES**  
FRESH FRUIT  
YOUR CHOICE OF CHOCOLATE OR  
WHITE MILK

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**TOSTADA**

MIXED VEGETABLES  
PEARS  
FRESH SALSA

**MAC & CHEESE**

BROCCOLI  
APRICOTS  
(HS ONLY: BREADSTICK)

**BEEF STEW**

CARROT STICKS  
FRESH FRUIT  
DINNER ROLL  
COOKIE

**CHICKEN DRUMSTICKS**

BAKED BEANS  
MIXED FRUIT  
DINNER ROLL

**TACO BURGER**  
PINTO BEANS  
APPLESAUCE  
SUN CHIPS

**SPAGHETTI AND MEAT SAUCE**  
MIXED VEGETABLES  
MANDARIN ORANGE  
BREADSTICKS

**CHICKEN SALAD SANDWICH**  
PEAS  
MIXED FRUIT

**LOADED BAKED POTATO**  
BROCCOLI  
CHEESE SAUCE  
PINEAPPLE CHUNKS  
DINNER ROLL  
CAKE

**PIZZA**  
CARROT STICKS  
FRESH FRUIT

**CHICKEN NUGGETS**  
GREEN BEANS  
PEACHES  
DINNER ROLL

**FRENCH TOAST STICKS**  
SAUSAGE PATTIE  
HASH BROWNS  
FRUIT SALAD

**FRITO PIE**  
MIXED VEGETABLES  
FRESH FRUIT  
DINNER ROLL

**BEEF TACO**  
PINTO BEANS  
PINEAPPLE CHUNKS  
FRESH SALSA  
TORTILLA

**STEAK FINGERS**  
WHIPPED POTATOES  
APPLESAUCE  
DINNER ROLL

**CHICKEN ENCHILADAS CASSE-  
ROLE**  
PINTO BEANS  
PEARS  
SPANISH RICE

**CHICKEN PATTIE ON A BUN**  
BROCCOLI  
FRESH FRUIT

**FAMOUS BOWL**  
PEACHES  
DINNER ROLL

**PIZZA**  
CARROT STICKS  
MANDARIN ORANGE