

DECEMBER 2022

Isleta Elementary School



School Information:
Isleta Elementary School
1000 Moonlight Dr
505-869-2321



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



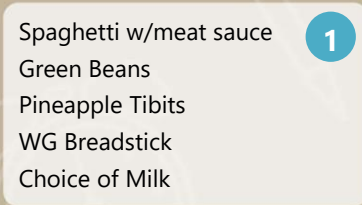
TUESDAY



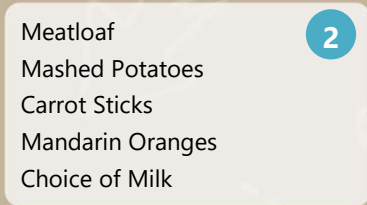
WEDNESDAY



THURSDAY



FRIDAY



Chicken Quesadilla **5**
Black Beans
Steamed Corn
Diced Peaches
Choice of Milk

Ham & Cheese **6**
Tomato Soup
Salad w/Dressing
Orange slices
Choice of Milk

Beef Stir Fry **7**
Brown Rice
Broccoli
Mixed Fruit
Choice of Milk

Spaghetti w/meat sauce **1**
Green Beans
Pineapple Tibits
WG Breadstick
Choice of Milk

Meatloaf **2**
Mashed Potatoes
Carrot Sticks
Mandarin Oranges
Choice of Milk

Chicken Tenders **12**
French Fries
Broccoli
Grapes
Choice of Milk

Burrito Bowl w/Brown Rice **13**
WG Tortilla
Vegetable Medley
Banana
Choice of Milk

Chicken Alfredo **14**
Normandy Blend
Apple Slices
WG Garlic Toast
Choice of Milk

Pork Chop **8**
Mashed Potato w/gravy
Green Beans
Apples
Choice of Milk

Pepperoni Pizza **9**
Cheesy Breadstick
Cucumber slices w/ranch
Fruit cocktail
Choice of Milk

Beef Tamales w/Red Chile **19**
Pinto Beans
Corn on Cob
Pineapple Tibits
Choice of Milk

Steak Fingers **20**
Mashed Potatoes w/gravy
Green beans
Peaches
Choice of Milk

****No School**** **21**
Winter Break

****No School**** **22**
Winter Break

****No School**** **23**
Winter Break

****No School**** **26**
Winter Break

****No School**** **27**
Winter Break

****No School**** **28**
Winter Break

****No School**** **29**
Winter Break

****No School**** **30**
Winter Break