

October Hot Lunch Menu

MON

TUE

WED

THU

FRI

			1 Pasta Rotini w/ Meat Sauce - Roasted Lemon Broccoli - Pear - Dinner Roll - Nectarine	2 Bean & Cheese Nachos - Shredded Lettuce - Salsa Cup - Orange Wedges - Plum 
5 Grilled Chicken Patty on Bun - Lettuce/Tomato/Onion - French Fries - Corn - Plum - Orange	6 Beef Bowl w/ Spanish Rice & Pinto Beans - Corn Tortilla - Salsa Cup - Nectarine - Grapes	7 Chicken Fajita w/ Tortilla - Sweet Potato Fries - Celery Sticks w/ Peanut Butter PC - Salsa Cup - Orange Wedges - Plum	8 Pork Green Chili Stew - Flour Tortilla - Cucumber w/ Tajin - Grapes - Pear	9 Fall Break
12 Fall Break	13 V & M SW Joe on Hamburger Bun - French Fries - Cucumber Slices w/ Tajin - Grapes & Pear	14 Orange Chicken - Vegetable Fried Rice - Broccoli Roasted Florets & Shredded Carrots - Nectarine - Honeydew	15 Frito Pie w/ Corn Chips - Lettuce/Tomato/Onion - Celery Sticks w/ Peanut Butter PC - Plum - Peach Cup	16 Chicken & Green Chile Chalupa - Shredded Lettuce - Calabacitas - Salsa Cup - Apple - Cinnamon Toast Crackers - Strawberries
19 Green Chile - Cheeseburger on Bun - French Fries - Vegetarian Beans - Lettuce/Tomato/Onion/Pickles - Nectarine & Apple	20 Chicken Bowl w/ Pinto Beans and Cilantro Lime Rice - Lettuce/Tomato - Apple & Plum	21 Four Cheese Pizza - Chopped Romaine Salad w/ Cherry Tomatoes - Strawberries - Ranch Dressing - Watermelon	22 Pork Roast w/ Red Chili - Roasted Potatoes - Green Beans - Dinner Roll - Pear & Nectarine	23 Grilled Cheese Sandwich - Cherry Tomatoes - Cucumber w/ Tajin - Orange - Peach
26 Beef Chili Con Carne w/ Beans - Whole Baked Potato - Goldfish Crackers - Pear & Plum	27 Chicken Drumstick - Mac and Cheese Stick - Dinner Roll - Sweet Potato - Celery - Apple Wedges & Orange	28 Breaded Catfish - Cheesy Broccoli and Rice - Cherry Tomatoes - Nectarine & Apple	29 Pasta Rotini w/ Meat Sauce - Roasted Lemon Broccoli - Pear - Dinner Roll - Nectarine	30 Mummy Dog - Potato Smiles - Vegetarian Beans - EEEEK Sidekick Treat - Blood Orange
		 New Mexico Grown	 Freshly Prepared (Scratch or Speed Scratch)	Please join us, we always have more entrees than what is listed. Come see!!

CHARTER HOT LUNCH

Students are offered 4 food items from 3 required meal components: fruits and/or vegetables, grains and/or meats/meat alternatives and/or milk, 1% or fat free, of which they must select 3 food items and 1 must be a serving of fruit or vegetables.



Scan to View Menu's, Nutrition and Allergen Information

THE MENU IS SUBJECT TO CHANGE AND DEMAND WHICH MAY AFFECT AVAILABILITY. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

OFFERED DAILY: WHOLE MILK 1% OR FAT FREE, TWO DIFFERENT FRESH FRUITS OR VEGETABLES, AND 100% VEGETABLE JUICE WHEN OFFERED

October Hot Breakfast Menu

MON	TUE	WED	THU	FRI
			1  Pork Carne Breakfast Burrito Salsa Cup 100% Juice	2  Blueberry Donut Holes  Dried Cherry Tart 100% Juice
5 Turkey Ham & Cheese on Hawaiian Bun Raisins 100% Juice	6 Egg & Turkey Sausage Bagel Sandwich Diced Apple Cup 100% Juice	7  Fiesta Breakfast Burrito Salsa Cup 100% Juice	8 Turkey Sausage & Cheese Croissant  Mixed Diced Fruit 100% Juice	Fall Break
Fall Break	13  Cereal  Toast  Fresh Fruit Cheese Stick Mozz 100% Juice	14 Turkey Sausage & Egg Pizza Sandwich  Orange Wedges 100% Juice	15  Country Scramble Breakfast Burrito Salsa Cup 100% Juice	16  Blueberry Parfait  Blueberries  Apple
19 Turkey Sausage, Egg & Cheese Wrap Mixed ZeeZee Dried Fruit 100% Juice	20  Chicken Slider & Cheese on a Dinner Roll Diced Cinnamon Apples 100% Juice	21 Egg & Turkey Sausage Bagel Sandwich  Apple 100% Juice	22  Chicken Sausage Patty on a Dinner Roll Mixed Fruit Cup 100% Juice	23  Green Chile & Cheese Potato Breakfast Burrito Salsa Cup 100% Juice
26 Beef Maple Sausage on Hawaiian Bun  Apple 100% Juice	27 Breakfast Bread  Fresh Peach 100% Fruit Juice	28  Blueberry Parfait  Blueberries  Apple	29  Pork Carne Breakfast Burrito Salsa Cup 100% Juice	30  Cereal  Toast Cheese Stick Mozz  Fresh Fruit 100% Juice
		 - New Mexico Grown	 - Freshly Prepared (Scratch or Speed Scratch)	Please join us, we always have more entrees than what is listed. Come see!!

CHARTER HOT BREAKFAST

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Information

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OFFERED DAILY: 802 WHOLE MILK 1% OR FAT FREE, TWO DIFFERENT FRUITS OR VEGETABLES, FRUIT JUICE, AND 100% VEGETABLE JUICE WHEN OFFERED