

NOVEMBER 2022

EL CAMINO REAL ACADEMY



Your cafeteria is managed by
Canteen of Central New Mexico

BREAKFAST

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday



**HAPPY
THANKSGIVING**

**NUTRI GRAIN
YOGURT 1**
HAM AND CHEESE WRAP
MIXED VEGETABLES
APPLESAUCE
SUN CHIPS

BAGEL-FULS 2
CHICKEN QUESADILLA
PINTO BEANS
PEACHES
SPANISH RICE

**COLD CEREAL &
STRING CHEESE 3**
FRENCH TOAST STICKS
SAUSAGE PATTIE
HASH BROWNS
FRESH FRUIT

MUFFINS ASSORTED 4
FIESTA BURRITO
CARROTS
MANDARIN ORANGE

POP TART 7
CHICKEN TACO SOFT
PINTO BEANS
CANTALOUPE
SPANISH RICE

CINNI MINIS 8
PIZZA
CARROT STICKS
SIDEKICKS

ENGLISH MUFFIN SANDWICH 9
RAVIOLI BEEF
BROCCOLI
MIXED FRUIT
DINNER ROLL

WAFFLES MINI EGGO BITES 10
FRITO PIE
CORN
PEACHES
GOLDFISH CRACKERS

BANANA BREAD 11
CHICKEN PATTIE ON A BUN
GREEN BEANS
PINEAPPLE CHUNKS

**COLD CEREAL &
STRING CHEESE 14**
CORNDOG
BROCCOLI
PEACHES

PANCAKE WRAP 15
HAMBURGER ON A BUN
BAKED BEANS
PINEAPPLE CHUNKS

NUTRI GRAIN & YOGURT 16
BEAN AND CHEESE BOWL
CORN
FRUIT CUP
DINNER ROLL

**BAGEL
CREAM CHEESE 17**
2 CHICKEN DRUMSTICKS
WHIPPED POTATOES
FRUIT SALAD
DINNER ROLL
CAKE

PANCAKES MINI EGGO BITES 18
CALZONE
MIXED VEGETABLES
FRESH FRUIT

21

22

23

24

25

CINNI MINIS 28
BBQ RIBETTE
POTATOES AU GRATIN
APRICOTS

**BREAKFAST COMBO BAR
TORTILLA 29**
PIZZA
BROCCOLI
FRESH FRUIT
LINDA'S SUGAR COOKIE

BAGEL-FULS 30
EGG ROLLS
GREEN BEANS
MIXED FRUIT

**Breakfast is served with fresh fruit daily.
All lunch meals are served with a salad bar and your choice
of low-fat milk or white milk. We use whole grain prod-
ucts, which are baked daily.
DUE TO COVID-19: YOUR SCHOOL MAY NOT HAVE A SALAD BAR
AND MAY HAVE MENU CHANGES DUE TO SHORTAGES**