

February 2020

CUBA



Your school cafeteria is managed by Canteen. We are an equal opportunity employer.



School Information: Breakfast is served with fresh fruit daily. All lunch meals are served with a salad bar and your choice of low-fat flavored or white milk. We use whole grain products, which are baked daily.



Fitness Tip: Try to be active for 60 minutes or more every day. Run, dance, walk the dog, climb stairs or play in the snow if you have it.

Reference: USDA MyPlate

Monday

FRENCH TOAST STICKS

3

STEAK FINGERS
MIXED VEGETABLES
MANDARIN ORANGES
CHICKEN STICKS
DINNER ROLL

BREAKFAST BURRITO

10

CHICKEN DRUMSTICKS
CAPRI BLEND VEGETABLES
MANDARIN ORANGES
SPAGHETTI AND MEAT SAUCE
DINNER ROLL

17

BAGEL & CREAM CHEESE

24

CHICKEN PATTIE ON A BUN
GREEN BEANS
MANDARIN ORANGES
TERIYAKI CHICKEN BOWL
FORTUNE COOKIE

Tuesday

BISCUITS & GRAVY

4

HOT DOG ON A BUN
FRENCH FRIES
PINEAPPLE CHUNKS
PHILLY STEAK SANDWICH

BREAKFAST PIZZA

11

FRITO PIE
CORN
MIXED FRUIT
CHICKEN TAQUITOS
TORTILLA

18

NUTRIGRAIN BAR

YOGURT
MEAT LOAF
CARROTS
BROCCOLI / ICE DOG
POPCORN CHICKEN
BREADSTICKS

25

APPLE FRUDEL

RED CHILE ENCHILADA CASSEROLE
TAMALES
PINTO BEANS
MIXED FRUIT
SCOOBY SNACKS

Wednesday

ZUCCHINI BREAD

5

CHICKEN NUGGETS
CARROTS
PEARS
LASAGNA WITH MEAT SAUCE
BREADSTICKS

PEANUT BUTTER & JELLY

12

GREEN CHILE TORTILLA BURGER
PINTO BEANS
APRICOTS
CHICKEN NUGGETS

19

BREAKFAST COMBO BAR/ TORTILLA

CHICKEN FAJITAS
PINTO BEANS
MANDARIN ORANGES
ORANGE CHICKEN
TORTILLA

26

CINNI MINIS

CHEESE QUESADILLA
TATER TOTS
PEARS
CHEESE ITZ
TUNA SALAD SANDWICH

Thursday

PANCAKE WRAP

6

FIESTA BURRITO
PINTO BEANS
CINNAMON APPLE SLICES
BEEF TACOS (HARD SHELL)
TORTILLA

BISCUIT & SAUSAGE SANDWICH

13

PIZZA
BROCCOLI
SIDEKICKS
RICE KRISPIE TREATS

20

BLUEBERRY MUFFIN

FRENCH TOAST STICKS
HASH BROWNS
SAUSAGE PATTIE
FRESH FRUIT
WHIPPED CREAM

27

PANCAKE WRAP

CHILE CHEESE DOG
CARROTS
JELL-O WITH FRUIT
MEATBALL SUB SANDWICH

Friday

POP TART
YOGURT

7

MAX CHEESE STICKS
BROCCOLI
MIXED FRUIT
CHICKEN FAJITAS

BAGEL, PLAIN
CREAM CHEESE

14

MACARONI AND BEEF CASSEROLE
SWEET POTATO FRIES
PINEAPPLE CHUNKS
MACARONI AND CHEESE
DINNER ROLL

21

OATMEAL / TOAST

NACHOS SUPREME
MIXED VEGETABLES
APPLESAUCE
STEAK FINGERS
DORITOS FLAMAS

28

COLD CEREAL/ STRING CHEESE

GRILLED CHEESE SANDWICH
BROCCOLI
SIDEKICKS
FIESTA BURRITO

