

September 2019

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.



Nutrition Tip: With September being Whole Grains month try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

2

CINNI MINIS
STEAK FINGERS
POTATOES AU GRATIN
MANDARIN ORANGES
SALISBURY STEAK
DINNER ROLL

3

BREAKFAST COMBO BAR
CORN DOG
BROCCOLI
CELERY STICKS, FRESH
PEACHES
MAX CHEESE STICKS

4

COLD CEREAL, VARIETY
YOGURT
EGG ROLLS, MINH
CARROTS
APRICOTS
ORANGE CHICKEN / DINNER ROLL

5

PANCAKE WRAP
CHICKEN DRUMSTICKS
BAKED BEANS
APPLESAUCE
MEATBALLS IN BROWN GRAVY
DINNER ROLL

6

POP TART/ YOGURT
FISH SANDWICH
CARROTS
PEARS
CHICKEN STICKS
BREADSTICK

9

CREAM OF WHEAT /TOAST
CHEESEBURGER
BAKED BEANS
PEACHES
CHILE CHEESE DOG

10

MINI WAFFLE EGGO BITES
PIZZA
CAPRI BLEND VEGETABLES
MIXED FRUIT

11

PEANUT BUTTER & JELLY
SPAGHETTI & MEATSAUCE
BROCCOLI
MANDARIN ORANGES
BREADSTICK
MACARONI AND CHEESE

12

CRUMBLE CAKE
CHICKEN ENCHILADAS
PINEAPPLE CHUNKS
CORN
MEAT LOAF
DINNER ROLL

13

BREAKFAST BURRITO
SLOPPY JOE ON A ROLL
PEARS
MIXED VEGETABLES
GRILLED CHEESE SANDWICH

16

BAGEL & CREAM CHEESE
CHICKEN PATTIE (HOT & SPICY)
SWEET POTATO FRIES
MIXED FRUIT
PHILLY STEAK SANDWICH

17

COLD CEREAL & STRING CHEESE
CHICKEN TACOS (SOFT SHELL)
PINTO BEANS
APRICOTS
QUESADILLA

18

OATMEAL & TOAST
FIESTA BURRITO
CORN
PEACHES
FRITO PIE
DINNER ROLL

19

CHEESE OMELET
ENGLISH MUFFIN, TOASTED
LASAGNA WITH MEAT SAUCE
BROCCOLI /APPLE WEDGES
CHICKEN PARMESAN
GARLIC BREADSTICKS

20

MINI PANCAKE EGGO BITES
HOAGIE SANDWICH
GREEN BEANS
PEARS
POPCORN CHICKEN
CORN BREAD

23

POP TART & STRING CHEESE
FRENCH TOAST STICKS
SAUSAGE PATTIE
HASH BROWNS
FRUIT SALAD
MAX CHEESE STICKS

24

BISCUITS & GRAVY
PIZZA
BROCCOLI
STRAWBERRIES

25

SAUSAGE PATTIE & TOAST
BEEF TAQUITOS
PINTO BEANS
JELL-O WITH FRUIT
RED CHILE ENCHILADAS
TORTILLA

26

CHERRY FRUDEL
COUNTRY FRIED STEAK
CARROTS
SIDEKICKS
STEAK FINGERS
DINNER ROLL

27

BREAKFAST PIZZA
BBQ BEEF SANDWICH
FRENCH FRIES
PEACHES
FISH SANDWICH

30

