

December 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: 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.



Reference: USDA MyPlate

Monday

NUTRI GRAIN/ YOGURT

2

HAMBURGER ON A BUN
BAKED BEANS
APPLESAUCE
RAVIOLI BEEF
DINNER ROLL

Tuesday

BANANA SQUARE

3

PHILLY STEAK SANDWICH
MIXED VEGETABLES
HONEYDEW
CHICKEN FAJITAS

Wednesday

COLD CEREAL
STRING CHEESE

4

BEEF TAQUITOS
CARROTS
MIXED FRUIT
CHICKEN NUGGETS
DINNER ROLL

Thursday

CHEESE OMELET
TORTILLA

5

FIESTA BURRITO
CORN
MANDARIN ORANGE
TERIYAKI CHICKEN BOWL

Friday

BLUEBERRY MUFFIN

6

PIZZA
BROCCOLI
PINEAPPLE CHUNKS
SUGAR COOKIES

BAGEL /CREAM CHEESE

9

MINI CORNDOGS
GREEN BEANS
PEACHES
CHICKEN NUGGETS
CHEESE ITZ

BISCUITS & GRAVY

10

GRILLED HAM AND CHEESE
TATER TOTS
PINEAPPLE CHUNKS
HOAGIE HAM & CHEESE

PANCAKE WRAP

11

CHICKEN PATTIE ON A BUN
CARROTS
MIXED FRUIT
LASAGNA W/MEAT SAUCE
GARLIC BREAD STICKS

OATMEAL/ TOAST

12

SPAGHETTI AND MEAT SAUCE
BROCCOLI
PEARS
CHEESE RAVIOLI MARINARA SAUCE
BREADSTICKS

BREAKFAST PIZZA

13

CHEESEBURGER
BAKED BEANS
CINNAMON APPLE SLICES
QUESADILLA

NUTRI GRAIN / YOGURT

16

CHICKEN SOFT TACO
CARROTS
APPLESAUCE
TORTILLA
TURKEY AND CHEESE WRAP

ENGLISH MUFFIN SANDWICH

17

CHILE CHEESE DOG
MIXED VEGETABLES
JELLO W/ FRUIT
FRITO PIE
LEMON DINOS

MUFFINS ASSORTED

18

EGG ROLLS
WHIPPED POTATOES
PINEAPPLE CHUNKS
ORANGE CHICKEN
DINNER ROLL

CREAM OF WHEAT/TOAST

19

CHEESE ENCHILADA RED
TAMALES
PINTO BEANS
PEARS
TORTILLA

BREAKFAST BURRITO

20

PIZZA
BROCCOLI
FRESH FRUIT

23

24

25

26

27

30

31

