

Breakfast & Lunch

OCTOBER 2022 Estancia Municipal School District

Menu subject to change
due to food availability

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cookie, Fruit, Milk 3 Chicken Strips, Mashed Potatoes & Gravy, Corn, Fruit, Milk	Breakfast Burrito, Fruit, Milk 4 Pizza, Carrots, Fruit, Milk	Banana Bread, Fruit, Milk 5 Chicken Quesadilla, Pinto Beans, Fruit, Milk	NO SCHOOL PARENT/TEACHER CONFERENCES 6	NO SCHOOL PARENT/TEACHER CONFERENCES 7
French Toast, Fruit, Milk 10 Salisbury Steak, Mashed Potatoes & Gravy, Green Beans, Roll, Fruit, Milk	Breakfast Parfait with Granola, Fruit, Milk 11 Meatball Subs with Cheese, Garnish, Cucumber Coins, Chips, Fruit, Milk	Pancakes, Fruit, Milk 12 Crunchy Beef Tacos, Pinto Beans, Garnish, Fruit, Milk	Apple Frudel (pastry), Fruit, Milk 13 Cheeseburger, Garnish, Fries, Fruit, Milk	Cereal with Graham Cracker, Fruit, Milk 14 Ham & Cheese Wrap, Garnish, Chips, Carrots, Fruit Milk
Breakfast Bar, Fruit, Milk 17 Popcorn Chicken & Mashed Potatoes & Gravy, Corn, Fruit, Milk	Muffin, Fruit, Milk 18 Spaghetti, Garlic Bread, Green Beans, Fruit, Milk	Sausage Biscuit with Cheese, Fruit, Milk 19 Nacho Grande, Pinto Beans, Garnish, Fruit, Milk	Bagels with Cream Cheese, Fruit, Milk 20 Chicken Patty Sandwich with Garnish, Chips, Baby Carrots, Fruit, Milk	Breakfast Burrito, Fruit, Milk 21 Turkey Sub, Garnish, Chips, Pickle, Fruit, Milk
Blueberry Loaf, Fruit, Milk 24 Steak Fingers & Mashed Potatoes & Gravy, Corn, Fruit, Milk	Banana Bread, Fruit, Milk 25 TaterTot Casserole, Biscuit, Celery, Fruit, Milk	Pancake on a Stick, Fruit, Milk 26 Frito Pie with Cheese, Garnish, Cherry Tomatoes, Fruit, Milk	Go-Gurt with ChexMix, Fruit, Milk 27 Chicken Nuggets, French Fries, Broccoli, Fruit, Milk	Tortilla with Sausage, Fruit, Milk 28 Ham & Cheese on Flatbread, Garnish, Chips, Carrots, Fruit, Milk
Breakfast Pizza, Fruit, Milk 31 Orange Chicken with Rice, Mixed Veggies, Fruit, Milk				

