

September 2019

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch Menu

SALAD BAR IS AVAILABLE DURING ALL LUNCH PERIODS

Jemez Mountain Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY</p>	<p>3</p> <p>Cheeseburger on WW Bun Sun Chips Romaine Lettuce/Tomato Watermelon Milk Choice</p>	<p>4</p> <p>Turkey & Cheese Sandwich Lettuce/Tomato Sweet Potato Fries Mixed Fruit Milk Choice</p>	<p>5</p> <p>Spaghetti W/ Meat Sauce Breadsticks Green Beans Ice Cream Cup Milk Choice</p>	<p>6</p> <p>Tamales Pinto Beans Tortilla Red Chile Honeydew Melon Milk Choice</p>
<p>9</p> <p>Pepperoni Pizza Spinach Salad Chilled Pears Milk Choice</p>	<p>10</p> <p>Chopped Steak Mashed Potatoes/Gravy Grape Tomatoes Chilled Peaches Milk Choice</p>	<p>11</p> <p>Oven Fried Chicken Biscuit Mashed Potatoes/Gravy Cantaloupe Milk Choice</p>	<p>12</p> <p>Chicken/Green Chile Stew Biscuit Tossed Salad Fresh Fruit Milk Choice</p>	<p>13</p> <p>ENERGY DAY</p>
<p>16</p> <p>Bean & Cheese Burrito Red Chile Tortilla Chips/Salsa Chilled Mixed Fruit Milk Choice</p>	<p>17</p> <p>Pulled Pork Sandwich Baked Beans Pasta Salad Watermelon Milk Choice</p>	<p>18</p> <p>Fish Sticks Mac & Cheese Steamed Broccoli Pineapple Tidbits Milk Choice</p>	<p>19</p> <p>Frito Pie Baked Potato Wedges Lettuce/Tomato Chilled Peaches Milk Choice</p>	<p>20</p> <p>ENERGY DAY</p>
<p>23</p> <p>Green Chile Chicken Enchilada Pinto Beans Tortilla Fresh Apple Milk Choice</p>	<p>24</p> <p>Sloppy Joe Whole Wheat Bun Corn On The Cob Fresh Fruit Milk Choice</p>	<p>25</p> <p>Beef W/ Broccoli Steamed Rice Chow Mein Noodles Carrots/Ranch Dressing Cantaloupe Melon Milk Choice</p>	<p>26</p> <p>Posole W/Chicken Cheese Quesadilla Red Chile Chilled Peaches Milk Choice</p>	<p>27</p> <p>ENERGY DAY</p>
<p>30</p> <p>Chile Dog Tater Tots Veggie Sticks/Ranch Dressing Fresh Apple Milk Choice</p>				

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September 2019

Breakfast Menu

Jemez Mountain Schools

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Monday	Tuesday	Wednesday	Thursday	Friday
2 LABOR DAY	3 Breakfast Pizza Diced Pears Granola Bars Milk Choice	4 Frosted Mini Wheats Apple Slices/Yogurt Fruit Juice Milk Choice	5 Muffin Flavored Non-Fat Yogurt Fruit Cocktail Cold Cereal Milk Choice	6 Wheat Toast Peanut Butter/Jelly Banana Assorted Cold Cereal Milk Choice
9 Cinnamon Raisin Bagel Cream Cheese Chilled Peaches Fruit Juice Milk Choice	10 Oatmeal Graham Crackers String Cheese Craisins Milk Choice	11 Sausage /Pancake on a Stick Syrup Diced Pears Milk Choice	12 Waffles/Syrup Cold Cereal Orange Wedges Fruit Juice Milk Choice	13
16 Scrambled Eggs Tortilla Salsa Fresh Fruit Milk Choice	17 Toasted English Muffin Flavored Non-Fat Yogurt Fruit Juice Fresh Pears Milk Choice	18 Cheese Quesadilla Salsa Kiwi Fruit Milk Choice	19 Pancakes Blueberry Craisins Assorted Cold Cereal Fruit Juice Milk Choice	20
23 Whole Grain Bagels Cream Cheese Raisin Bran Cereal Fruit Juice Milk Choice	24 Breakfast Pizza Chilled Mixed Fruit Cereal Bar Milk Choice	25 Frosted Mini Wheats Ultimate Breakfast Rounds Fruit Juice Milk Choice	26 Sausage /Cheese Biscuit Hash Brown Patty Orange Wedges Milk Choice	27
30 French Toast Sticks Syrup Honey Nut Cheerios Chilled Peaches Milk Choice				

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