

February 2020

TURQUOISE TRAILS



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
DINNER ROLL

BREAKFAST BURRITO

10

HOAGIE SANDWICH
CAPRI BLEND VEGETABLES
MANDARIN ORANGES

17

BAGEL / CREAM CHEESE

24

TERIYAKI CHICKEN BOWL
GREEN BEANS
MANDARIN ORANGES
FORTUNE COOKIE

Tuesday

CHEESE QUESADILLA

4

HAMBURGER
FRENCH FRIES
PINEAPPLE CHUNKS

BREAKFAST PIZZA

11

FRITO PIE
CORN
MIXED FRUIT
TORTILLA

NUTRIGRAIN BAR/YOGURT

18

CHICKEN DRUMSTICKS
CARROTS
BROCCOLI
ICE DOG
DINN ROLL

APPLE FRUDEL

25

RED CHILE ENCHILADA CASSEROLE
TAMALES
PINTO BEANS
MIXED FRUIT
SCOOBY SNACKS

Wednesday

ZUCCHINI BREAD

5

CHICKEN STICKS
CARROTS
PEARS
BREADSTICKS

PEANUT BUTTER & JELLY

12

CHICKEN QUESADILLA
PINTO BEANS
APRICOTS

BREAKFAST COMBO BAR
TORTILLA

19

FRITO PIE
PINTO BEANS
MANDARIN ORANGES
TORTILLA

CINNI MINIS

26

TORTILLA BURGER
TATER TOTS
PEARS

Thursday

PANCAKE WRAP

6

BEEF TACOS (HARD SHELL)
PINTO BEANS
CINNAMON APPLE SLICES

BISCUIT & SAUSAGE SANDWICH

13

PIZZA
BROCCOLI
SIDEKICKS
RICE KRISPIES TREATS

BLUEBERRY MUFFIN

20

FRENCH TOAST STICKS
HASH BROWNS
SAUSAGE PATTIE
FRESH FRUIT
WHIPPED CREAM

PANCAKE WRAP

27

MEATBALL SUB SANDWICH
CARROTS
JELL-O WITH FRUIT

Friday

POP TART/YOGURT

7

CARNE ADOVADA
BROCCOLI
MIXED FRUIT
TORTILLA

BAGEL/CREAM CHEESE

14

NACHOS WITH CHEESE SAUCE
SWEET POTATO FRIES
PINEAPPLE CHUNKS
DINNER ROLL

COLD CEREAL/TOAST

21

BEEF & PEPPER STEAK WITH RICE
MIXED VEGETABLES
APPLESAUCE
DORITOS FLAMAS

COLD CEREAL/TRING CHEESES

28

CHICKEN TACOS
BROCCOLI
SIDEKICKS

