

# NMSD Dining Hall 2016 – 2017 Breakfast, Lunch & Dinner Cycle Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST CYCLE WEEK ONE</b>	Carrot Quinoa Muffins	Berry Yogurt Pancakes	Denver Omelet	Banana & Butternut Smoothies	Huevos Rancheros Casserole
	Apple Butter	Syrup & Whole Fruit Topping	Whole Grain Toast	Whole Grain Biscuits	with Blue Corn Tortillas
	Cottage Cheese		Buttery Spread & Assorted Jelly	Buttery Spread & Assorted Jelly	Sour Cream
	Diced Peaches		Mandarin Oranges	Pear Halves	Tropical Fruit Salad
	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with
	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish
	100% Pineapple Juice	100% Orange Juice	100% Cranberry Juice	100% Apple Juice	100% Orange Juice
1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	
<b>BREAKFAST CYCLE WEEK TWO</b>	Apple Peanut Butter Wraps	Egg, Cheese & Hash Brown	Pumpkin Squares	Steel Cut Oatmeal	Spanish Omelet
	Vanilla Yogurt Cup	Breakfast Burrito	Mozzarella Cheese Sticks	with Currants & Pecans	Whole Grain Toast
		Salsa Fresca			Buttery Spread & Assorted Jelly
	Sliced Peaches	Pineapple Tidbits	Applesauce Cup	Mandarin Oranges	Pear Halves
	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with
	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish
	100% Orange Juice	100% Cranberry Juice	100% Pineapple Juice	100% Apple Juice	100% Orange Juice
1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	
<b>BREAKFAST CYCLE WEEK THREE</b>	Hard Boiled Eggs	Yogurt Parfaits	Potato & Egg Breakfast Quesadillas	Bananas Foster Pancakes	Scrambled Eggs Benedict
	Whole Grain Bagels	with Fruit & Granola	Homemade Salsa Fresca	Chopped Walnuts, Cinnamon	Florentine
	Cream Cheese & Assorted Jam		Sour Cream	Banana Compote & Syrup	
	Mandarin Oranges		Pineapple Chunks	Pear Halves	Tropical Fruit Salad
	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with	Assorted Cold Cereal with
	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish	Fresh Fruit Garnish
	100% Cranberry Juice	100% Orange Juice	100% Apple Juice	100% Pineapple Juice	100% Orange Juice
1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH CYCLE WEEK ONE</b>	Chicken Tacos	Traditional Beef Lasagna	Chicken Stir Fry	Roadrunner Cheddar Burgers	Lentil Soup
	Cheddar Cheese	Fresh Baked Garlic Bread	Brown Rice	Whole Grain Buns	Southern Collard Greens
	Lettuce, Tomato & Salsa Garnish	Sauteed Zucchini with	Steamed Fresh Bok Choy &	Lettuce, Tomato & Green Chili	Whole Grain Cornbread
	Pinto Beans	Pimento & Onion	Cabbage Blend	Homemade Ketchup & Mustard	Buttery Spread and
	Spanish Rice			Baked Fries	Apple Butter
	Pear Halves with Fresh Mint	Fresh Red Seedless Grapes	Fresh Cubed Cantaloupe	Fresh Watermelon	Sliced Kiwi
	Fresh Whole Oranges	Red Variety Whole Apples	Gala Apples	Whole Bananas	Gold & Green Whole Apples
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>LUNCH CYCLE WEEK TWO</b>	Roast Turkey	Navajo Tacos with	Hoppin' John	Chicken & Veggie Quesadilla	Crispy Fish Slaw Wraps
	Fresh Baked Whole Grain Rolls	Lettuce, Tomato & Cheddar	Cheesy Kale Bake	Homemade Salsa Fresca	Southwestern Quinoa Salad
	Mashed Idaho Potatoes with Chives	Green Onions & Salsa Garnish	Baby Carrots with Dill	Refried Beans	
	Roasted Turmeric Cauliflower	Cherry Tomato & Corn Salad	Whole Grain Crackers		
	Chilled Apple Cranberry Compote				
	Fresh Green Seedless Grapes	Diced Peaches	Honeydew Melon Cubes	Fresh Papaya	Pineapple Tidbits with Fresh Mint
	Red Variety Apples	Fresh Whole Oranges	Fresh Whole Pears	Whole Bananas	Gold & Green Whole Apples
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>LUNCH CYCLE WEEK THREE</b>	Chicken Curry Casserole	Beef & Bean Frito Pie	Chicken Parmesan	Hearty Beef and Vegetable Stew	Pesto Pizza
	Braised Greens and Beans	Lettuce, Tomato & Cheddar	Whole Grain Spaghetti	Whole Grain Elbow Macaroni	Parsnip Chips
	Sweet Potato Muffins	Mexicali Corn	Mediterranean Salad with		Crunchy Baby Carrots with Ranch
			Romaine, Radicchio & Endive		
	Diced Pears	Fresh Seedless Red Grapes	Cubed Fresh Cantaloupe	Mandarin Oranges	Pineapple Chunks
	Red Variety Whole Apples	Fresh Whole Oranges	Whole Plums	Whole Bananas	Gold & Green Whole Apples
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>DINNER CYCLE WEEK ONE</b>	Almond Crusted Tilapia	Roast Loin of Pork	Sausage, Mushroom & Pepper Pizza	Baked Lemon Chicken
	Brown Rice & Quinoa Pilaf	Wild Rice	Parmesan Cheese	Whole Grain Cous Cous
	Green Peas with Tarragon	Brussel Sprouts, Grapes & Pecans	Carrots & Broccoli with Ranch	Stir Fry Vegetables
	Broccoli Salad	Garden Salad	Cherry Tomato & Corn Salad	Gingered Cabbage Salad
	Tropical Fruit Salad	Cinnamon Applesauce	Fresh Watermelon	Pineapple Chunks
	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry
	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>DINNER CYCLE WEEK TWO</b>	Green Chili, Pork & Posole Stew	Chicken Pot Pie Casserole	Cheese Tortellini Alfredo	Blue Corn Chicken & Bean
	White Flour Tortillas	Citrus Spinach Salad with Swiss	with Salmon	Christmas Enchiladas
	Calabacitas	Cucumber Dill Chill	Lemon Pepper Grilled Asparagus	Spanish Rice
	Three Bean Salad		Color Salad	Confetti Corn Salad
	Fresh Seedless Red Grapes	Diced Pears	Diced Peaches	Mango & Mint
	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry
	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk
<b>DINNER CYCLE WEEK THREE</b>	Turkey Meatloaf	Chicken Fajitas	Chicken Fried Steak	Rosemary Chicken & Brown Rice
	Cheddar Cheese Mashers	White Flour Tortillas	Zucchini Muffins	Normandy Blend Vegetables
	Fresh Baked Dinner Rolls	Guacamole & Sour Cream Garnish	Steamed Snow Peas	Cheesy Twice Baked Sweet Potatoes
	French Green Beans Almondine	Corn Salsa & Chips	Tomato Wedge with Basil Salad	Traditional Garden Salad
	Apple Cranberry Salad	Mandarin Oranges	Applesauce	Fresh Pears
	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry	Cucumber Mint & Strawberry
	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters	Kiwi Infused Waters
	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk	1% White & Chocolate Fat Free Milk