

NMSD Food-Based Meal Pattern - Cycle Menu LUNCH 2018-2019 - Grades Pre-K - 12

WEEKS OF CYCLE 1: Sept 3, Oct 1, Oct 29, Dec 3, Jan 14, Feb 11, Mar 18, Apr 15, May 13

WEEKS OF CYCLE 2: Aug 13, Sept 10, Oct 8, Nov 5, Dec 10, Jan 21, Feb 18, Mar 25, Apr 22, May 20

WEEKS OF CYCLE 3: Aug 20, Sept 17, Oct 15, Nov 12, Dec 17, Jan 28, Feb 25, Apr 1, Apr 29, May 27

WEEKS OF CYCLE 4: Aug 27, Sept 24, Oct 22, Nov 26, Jan 7, Feb 4, Mar 4, Apr 8, May 6 PLEASE NOTE: Menus are subject to occasional change due to product availability

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|------------------------------------|------------------------------------|------------------------------------|-------------------------------------|------------------------------------|
| LUNCH CYCLE WEEK ONE | Spaghetti & Meatballs | Cherry Blossom Chicken | Soft Beef Tacos | "SUBDAY" at NMSD | Big Daddy Pizza Day |
| | Parmesan Cheese | Yakisoba Noodles | Lettuce, Tomato & Cheese | Rotating sub sandwiches: Cubano, | Cheese & Turkey Pepperoni |
| | Grilled Eggplant | Bok Choy with Chinese 5 Spice | Black Beans | Italian Subs, Meatball Heros | Pesto Sauce |
| | Breadsticks & Buttery Spread | Water Chestnuts | Salsa & Diced Onions | Chilled Snap Peas | White Bean Dip with |
| | | Crispy Chow Mein Noodles | Spanish Rice | Crunchy Red Bell Slices | Radish & Jicama |
| | Fruit Cup | Fruit Cup & Fresh Whole Fruit | Fruit Cup | Fruit Cup | Fruit Cup & Fresh Whole Fruit |
| | Fresh Whole Fruit | Fortune Cookies | Fresh Whole Fruit | Fresh Whole Fruit | Jello |
| | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk |
| LUNCH CYCLE WEEK TWO | Chicken Nuggets | Tomato Soup and | Beef & Bean Navajo Tacos | Mini Cheese Ravioli | Bean Nachos Supreme |
| | Ranch & BBQ Sauce Dipping Sauce | Grilled Turkey & Cheddar | WG Fry Bread | Tomato Sauce & Parmesan Cheese | Tomatoes, Pinto Beans |
| | WG Soft Pretzels with | Panini Sandwiches | Lettuce, Tomato & Cheese | Napa Cabbage with Bay Leaves | Cheddar Cheese Sauce |
| | Cheese Dipping Sauce | Steamed Broccoli | | Garlic Breadsticks & Buttery Spread | & Sliced Jalapenos |
| | Emoticon Fries & Ketchup | | | | Mexican Skillet Corn |
| | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup & Fresh Whole Fruit |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Rice Pudding |
| | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk |
| LUNCH CYCLE WEEK THREE | Roast Turkey & Sage Gravy | Cheesy Beef Lasagna | Chicken & Cheese Quesadillas | Traditional Hamburgers & WG Buns | Popcorn Chicken & |
| | Apple Cranberry Compote | Roasted Parmesan Broccoli | Salsa | American Cheese & Green Chili | Biscuits with Gravy |
| | Mashed Sweet Potatoes | | Breaded Okra & Ranch Dip | Lettuce, Tomato & Onion | Sauteed Zucchini |
| | | | Pinto Beans | Lattice Fries | Grape Tomatoes |
| | | | | Ketchup, Mayo & Mustard | |
| | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup & Fresh Whole Fruit |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Otis Spunkmeyer Cookies |
| | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk |
| LUNCH CYCLE WEEK FOUR | Roast Beef & Rosemary Gravy | Chicken Parmesan | Beef & Bean Frito Pie | Diced Chicken Sandwich | Bean & Cheese Pupasas |
| | Homemade Smashed Potatoes | WG Bowtie Pasta & Tomato Sauce | Lettuce, Tomato, Onion & Cheese | American Cheese & WG Buns | Homemade Lentil Soup |
| | Steamed Green Beans | Steamed Broccoli | | Lettuce & Tomato, Green Chili | Warm Plantains with Cinnamon |
| | Brown Rice | | | BBQ Sauce | |
| | | | | Sweet Potato Tots & Ketchup | |
| | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup | Fruit Cup & Fresh Whole Fruit |
| | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Fresh Whole Fruit | Rice Pudding |
| | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk | White, Chocolate & Strawberry Milk |

Milk served is 1% White, Fat Free Chocolate & Fat Free Strawberry