

NMSD Food-Based Meal Pattern - Cycle Menu LUNCH 2017-2018 - Grades Pre-K - 12

WEEKS OF CYCLE 1: 8/14, 9/1, 10/9, 11/6, 12/11, 1/22, 2/26, 3/26, 4/1, 5/28

WEEKS OF CYCLE 2: 8/21, 9/18, 10/16, 11/13, 12/18, 1/29, 3/5, 4/9, 5/7

WEEKS OF CYCLE 3: 8/28, 9/25, 10/23, 11/27, 1/8, 2/12, 3/12, 4/16, 5/14

WEEKS OF CYCLE 4: 9/4, 10/2, 10/30, 12/4, 1/15, 2/19, 3/19, 4/23, 5/21

PLEASE NOTE: Menus are subject to occasional change due to product availability

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH CYCLE WEEK ONE	Spaghetti & Meatballs	Manadrin Orange Chicken	Soft Beef Tacos	Chicken Alfredo with a Twist	Big Daddy Pizza Day
	Parmesan Cheese	Vegetable Fried Rice	Lettuce, Tomato & Cheese	Steamed Green Beans	Cheese & Turkey Pepperoni
	Italian Blend Vegetables	Bok Choy with Chinese 5 Spice	Black Beans	Crunchy Red Bell Slices	Pesto Sauce
			Fresh Salsa & Diced Onions		White Bean Dip with
					Celery, Radish & Jicama
	Sliced Peaches	Pineapple Chunks	Cantaloupe Melon	Watermelon Slices	Green Grapes
	Whole Pears	Whole Oranges	Gold / Green Apples	Whole Bananas	Plums
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	
LUNCH CYCLE WEEK TWO	Chicken Nuggets	Tomato Soup and	Beef & Bean Navajo Tacos	Cheese Raviloi Mini's	Bean & Cheese Burritos
	Ranch & BBQ Sauce Dipping Sauce	Grilled Cheddar Sandwiches	WG Fry Bread	Tomato Sauce & Parmesan Cheese	Green Chili Sauce & Fresh Salsa
	WG Soft Pretzels with	Steamed Broccoli	Lettuce, Tomato & Cheese	Napa Cabbage with Bay Leaves	Skillet Mexican Street Corn
	Cheese Dipping Sauce			Garlic Breadsticks & Buttery Spread	
	Seasoned Wedge Fries & Ketchup				
	Applesauce	Pear Halves	Honeydew Melon	Red Grapes	Madarin Oranges
	Whole Pears	Whole Oranges	Whole Delicious Apples	Bananas	Gala Aples
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	
LUNCH CYCLE WEEK THREE	Roast Turkey & Sage Gravy	Cheesey Beef Lasagna	Chicken & Cheese Quesadillas	Traditional Hamburgers & WG Buns	Breaded Chicken Tenders over
	Apple Cranberry Compote	Parmesan Sprinkles	Salsa Fresca	Cheddar Cheese & Green Chili	Spaghetti with Pesto Sauce
	Baked Sweet Potatoes	Parmesan Baked Broccoli	Sour Cream	Lettuce, Tomato & Onion	Grape Tomato Garnish
	Dinner Rolls & Buttery Spread		Mexicali Corn	Lattice Fries	Steamed Green Beans
				Ketchup, Mayo & Mustard	
	Mixed Fruit	Peach Slices	Cantaloupe Melon	Watermelon Slices	Red Grapes
	Gold / Green Apples	Whole Plums	Whole Oranges	Gala Apples	Bananas
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	
LUNCH CYCLE WEEK FOUR	Roast Beef & Rosemary Gravy	Chicken Parmesan	Beef & Bean Frito Pie	Grilled Chicken Sandwich	Bean Nachos Supreme
	Homemade Smashed Potatoes	WG Bowtie Pasta & Tomato Sauce	Lettuce, Tomato & Cheese	Swiss Cheese & WG Buns	Tomatoes, Pinto Beans
	Steamed Carrots with Dill	Steamed Broccoli		Lettuce & Tomato	Cheddar Cheese Sauce
	Breadsticks & Buttery Spread			BBQ Sauce/ Mayonnaise /Mustard	Jalapenos, Olives & Sour Cream
				Sweet Potato Tots & Ketchup	Sliced Cucumber with Yogurt Dip
	Pear Halves	Pineapple Chunks	Red Grapes	Honeydew Chunks	Mandarin Oranges
	Red Apples	Whole Pears	Whole Oranges	Gala Apples	Bananas
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	