



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>The most popular summer squash is zucchini.</p> 	1	2	3	4
7	8	9	10	11
<p><b>14</b> <b>Fiesta Lasagna</b> Spanish Rice Refried Beans Romaine Lettuce Diced Tomatoes</p>	<p><b>15</b> <b>Tasty Hot Turkey Sandwich</b> Fresh Baby Carrots Mashed Potatoes</p>	<p><b>16</b> <b>Spaghetti with Meat Sauce</b> Garlic Breadstick Popeye Salad Italian Vegetables</p>	<p><b>17</b> <b>Walking Taco</b> Zesty Spanish Rice Mexi Corn Romaine Lettuce</p>	<p><b>18</b> <b>Cheese Pizza</b> Garden Salad Bell Pepper Fresh Baby Carrots</p>
<p><b>21</b> <b>Mac + Cheese</b> Breadstick Steamed Peas Baby Carrots</p>	<p><b>22</b> <b>Chicken Fajitas</b> Pinto Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Salsa</p>	<p><b>23</b> <b>Crunchy Frito Pie</b> Romaine Lettuce Cherry Tomatoes Soft Flour Tortilla</p>	<p><b>24</b> <b>Cheesy Beef Pasta Bake</b> Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p>	<p><b>25</b> <b>Cheeseburger</b> Romaine Garden Salad Baked Fries</p>
<p><b>28</b> <b>Waffle Breakfast Sandwich</b> Tater Tots Broccoli</p>	<p><b>29</b> <b>Golden Corn Dog</b> Crunchy Cole Slaw Fresh Baby Carrots Ranch</p>	<p><b>30</b> <b>Cheesy Beef Nachos</b> Refried Beans Romaine Lettuce Fresh Diced Tomatoes</p>	<p><b>31</b> <b>BBQ Chicken Sandwich</b> Creole Roasted Potatoes Romaine Lettuce Fresh Diced Tomatoes</p>	

**NUTRITION BAR (WMES)**

Included with your meal and offered daily with your choice of entrée and milk. Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at [foodservice@ruidosdoschools.org](mailto:foodservice@ruidosdoschools.org) or call 575-630-7993

# Newton's Eat-In Adventure

# SEPTEMBER | 2017



ELEMENTARY LUNCH MENU  
OFFERING 3 ENTREES DAILY: CLASSIC MEAL, NEWTON MEAL, OR  
(WMES ONLY) ENTRÉE SALAD OR SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Over 130 varieties of green beans are known</p> 				<p><b>1</b> <b>Pepperoni Pizza</b> Crisp Garden Salad Fresh Broccoli Trees</p>
<p><b>4</b></p> <p><b>Labor Day No School</b></p>	<p><b>5</b></p> <p><b>Golden Chicken Nuggets</b> <b>FP</b> Steamed Green Beans Fresh Baby Carrots Dinner Roll</p>	<p><b>6</b></p> <p><b>Zesty Tachos</b> Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans</p>	<p><b>7</b></p> <p><b>Wild Rice Deep Dish Chili</b> Dinner roll Baked French Fries Fresh Baby Carrots</p>	<p><b>8</b></p> <p><b>Cheeseburger</b> Fresh Garden Salad Crisp Baked Fries</p>
<p><b>11</b></p> <p><b>Cheesy Baked Ziti</b> Sweet Corn Fresh Broccoli Trees</p>	<p><b>12</b></p> <p><b>Crunchy Frito Pie</b> Zesty Spanish Rice Pinto Beans w/Salsa Fresh Diced Tomatoes Crisp Romaine Lettuce</p>	<p><b>13</b></p> <p><b>Roasted Turkey w/ Gravy</b> Biscuit/Dinner Roll Smashed Yukon Gold Potatoes Crunchy Baby Carrots</p>	<p><b>14</b></p> <p><b>Sweet &amp; Sour Chicken Nuggets</b> Brown Rice Orange Glazed Carrots Fresh Broccoli Trees</p>	<p><b>15</b></p> <p><b>Pepperoni Pizza</b> Crisp Garden Salad <b>FP</b> Steamed Green Beans</p>
<p><b>18</b></p> <p><b>Pancakes/French Toast Sticks</b> Scrambled Eggs Toasty Tator Tots Crunchy Baby Carrots Syrup</p>	<p><b>19</b></p> <p><b>Crispy Chicken Parmesan</b> Spaghetti Fresh Popeye Salad Steamed Italian Vegetables</p>	<p><b>20</b></p> <p><b>BBQ Pulled Pork Sandwich</b> Sweet Potato Waffle Fries Sweet Corn Cobette</p>	<p><b>21</b></p> <p><b>Cheesy Beef Nachos</b> Celery Sticks Crisp Romaine Lettuce Fresh Diced Tomatoes</p>	<p><b>22</b></p> <p><b>cheeseburger</b> Ranch Jo Jo's Fresh Garden Salad Crisp Baked Fries</p>
<p><b>25</b></p> <p><b>Fiesta Lasagna</b> Zesty Spanish Rice Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes</p>	<p><b>26</b></p> <p><b>Tasty Hot Turkey Sandwich</b> Fresh Baby Carrots Mashed Potatoes</p>	<p><b>27</b></p> <p><b>Spaghetti w/Meat Sauce</b> Garlic Breadstick Fresh Popeye Salad Steamed Italian Vegetables</p>	<p><b>28</b></p> <p><b>Walking Taco</b> Zesty Spanish Rice Mexi-corn Crisp Romaine Lettuce</p>	<p><b>29</b></p> <p><b>Cheese Pizza</b> Fresh Garden Salad Seasoned Green Beans</p>

## NUTRITION BAR (WMES)

Included with your meal and offered daily.  
Choose from a variety of fresh fruits or vegetables.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Mac &amp; Cheese</b> Breadstick Steamed Peas Baby Carrots</p>	<p>3</p> <p><b>Chicken Fajitas</b> Pinto Beans Crisp Romaine Lettuce Fresh Diced Tomatoes Salsa</p>	<p>4</p> <p><b>Crunchy Frito Pie</b> Romaine Lettuce Cherry Tomatoes Soft Flour Tortilla</p>	<p>5</p> <p><b>Cheesy Beef Pasta Bake</b> Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick</p>	<p>6</p> <p><b>Cheeseburger</b> Romaine Garden Salad Baked Fries</p>
<p>9</p> <p><b>Columbus Day No School</b></p>	<p>10</p> <p><b>Golden Corn Dog</b> Crunchy Cole Slaw Fresh Baby Carrots Ranch</p>	<p>11</p> <p><b>Cheesy Beef Nachos</b> Refried Beans Romaine Lettuce Fresh Diced Tomatoes</p>	<p>12</p> <p><b>BBQ Chicken Sandwich</b> Creole Roasted Potatoes Romaine Lettuce Fresh Diced Tomatoes</p>	<p>13</p> <p><b>Pepperoni Pizza</b> Crisp Garden Salad Fresh Broccoli Trees</p>
<p>16</p> <p><b>Toasted Grilled Cheese</b> Steamed Mixed Vegetables Fresh Popeye Salad Tomato Soup</p>	<p>17</p> <p><b>Golden Chicken Nuggets</b> Steamed Green Beans Fresh Baby Carrots Dinner Roll</p>	<p>18</p> <p><b>Zesty Tachos</b> Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans</p>	<p>19</p> <p><b>Parent Teacher Conference No School</b></p>	<p>20</p> <p><b>Parent Teacher Conference No School</b></p>
<p>23</p> <p><b>Cheesy Baked Ziti</b> Sweet Corn Fresh Broccoli Trees</p>	<p>24</p> <p><b>Crunchy Frito Pie</b> Zesty Spanish Rice Pinto Beans w/Salsa Fresh Diced Tomatoes Crisp Romaine Lettuce</p>	<p>25</p> <p><b>Roasted Turkey w/ Gravy</b> Biscuit/Dinner Roll Smashed Yukon Gold Potatoes Crunchy Baby Carrots</p>	<p>26</p> <p><b>Sweet &amp; Sour Chicken Nuggets</b> Brown Rice <b>FP</b> Butternut Squash Fresh Broccoli Trees</p>	<p>27</p> <p><b>Pepperoni Pizza</b> Crisp Garden Salad Steamed Green Beans</p>
<p>30</p> <p><b>Pancakes/French Toast Sticks</b> Scrambled Eggs Toasty Tator Tots Crunchy Baby Carrots Syrup</p>	<p>31</p> <p><b>Crispy Chicken Parmesan</b> Spaghetti Fresh Popeye Salad Steamed Italian Vegetables</p>		<p>Butternut squash can be substituted in any recipe for pumpkin.</p> <p><b>FRESH PICKS</b></p>	<p>ChooseMyPlate.gov</p>

**NUTRITION BAR (WMES)**

Included with your meal and offered daily.  
Choose from a variety of fresh fruits or vegetables

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ELEMENTARY LUNCH MENU  
OFFERING 3 ENTREES DAILY: CLASSIC MEAL, NEWTON MEAL, OR (WMES ONLY) ENTRÉE SALAD OR SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>BBQ Pulled Pork Sandwich</b> Sweet Potato Waffle Fries Sweet Corn Cobette	2 <b>Cheesy Beef Nachos</b> Celery Sticks Crisp Romaine Lettuce Fresh Diced Tomatoes	3 <b>Cheeseburger</b> Fresh Garden Salad Crisp Baked Fries
	6 <b>Fiesta Lasagna</b> Zesty Spanish Rice Refried Beans Crisp Romaine Lettuce Fresh Diced Tomatoes	7 <b>Tasty Hot Turkey Sandwich</b> Fresh Baby Carrots Mashed Potatoes	8 <b>Spaghetti w/Meat Sauce</b> Garlic Breadstick Fresh Popeye Salad Steamed Italian Vegetables	9 <b>Walking Taco</b> Zesty Spanish Rice Mexi-corn Crisp Romaine Lettuce
13 <b>Mac &amp; Cheese</b> Breadstick Steamed Peas Baby Carrots	14 <b>Chicken Fajitas</b> Pinto Beans, Crisp Romaine Lettuce, Fresh Diced Tomatoes Salsa  <b>Sierra Vista Thanksgiving Meals</b>	15 <b>Crunchy Frito Pie</b> Romaine Lettuce Cherry Tomatoes Soft Flour Tortilla  <b>White Mountain Elementary Thanksgiving Meals</b>	16 <b>Cheesy Beef Pasta Bake</b> Steamed Mixed Vegetables Fresh Celery Sticks Garlic Breadstick  <b>Nob Hill/Head Start Thanksgiving Meals</b>	17 <b>Cheeseburger</b> Romaine Garden Salad Baked Fries  <b>RMS/RHS Thanksgiving Meals</b>
20	21	22	23	24
<b>Thanksgiving Break Nov. 20-24</b>				
27 <b>Toasted Grilled Cheese</b> Steamed Mixed Vegetables Fresh Popeye Salad Tomato Soup	28 <b>Golden Chicken Nuggets</b> <b>FP</b> Steamed Green Beans Fresh Baby Carrots Dinner Roll	29 <b>Zesty Tachos</b> Spanish Rice Crisp Romaine Lettuce Fresh Diced Tomatoes Pinto Beans	30 <b>Wild Rice Deep Dish Chili</b> Dinner roll Baked French Fries Fresh Baby Carrots	 Choose <b>MyPlate</b> .gov

**NUTRITION BAR (WMES)**

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# DECEMBER | 2017

ELEMENTARY LUNCH MENU  
OFFERING 3 ENTREES DAILY: CLASSIC MEAL, NEWTON MEAL, OR (WMES ONLY) ENTRÉE SALAD OR SANDWICH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Cheeseburger</b> Crisp Baked Fries Fresh Garden Salad
4 <b>Cheesy Baked Ziti</b> Sweet Corn Fresh Broccoli Trees	5 <b>Crunchy Frito Pie</b> Zesty Spanish Rice Pinto Beans w/Salsa Fresh Diced Tomatoes Crisp Romaine Lettuce	6 <b>Roasted Turkey w/ Gravy</b> Biscuit/Dinner Roll Smashed Yukon Gold Potatoes Crunchy Baby Carrots	7 <b>Sweet &amp; Sour Chicken Nuggets</b> Brown Rice <b>FP</b> Butternut Squash Fresh Broccoli Trees	8 <b>Pepperoni Pizza</b> Crisp Garden Salad Steamed Green Beans
11 <b>Pancakes/French Toast Sticks</b> Scrambled Eggs Toasty Tator Tots Crunchy Baby Carrots Syrup	12 <b>Crispy Chicken Parmesan</b> Spaghetti Fresh Popeye Salad Steamed Italian Vegetables	13 <b>BBQ Pulled Pork Sandwich</b> Sweet Potato Waffle Fries Sweet Corn Cobette	14 <b>Cheesy Beef Nachos</b> Celery Sticks Crisp Romaine Lettuce Fresh Diced Tomatoes	15 <b>Cheeseburger</b> Ranch Jo Jo's Fresh Garden Salad
18	19	20	21	22
<b>Winter Break Dec. 18-Jan. 2</b>				
25	26	27	28	29

**NUTRITION BAR (WMES)**

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