



N.E.W. Academy Canoga Park

Breakfast and Lunch Menu- October 2019

Weeks 2, 4		MONDAY 7; 21	TUESDAY 8; 22	WEDNESDAY 9; 23	THURSDAY 10; 24	FRIDAY 11; 25
BREAKFAST		Waffle and Eggs	Cinnamon Roll	Coffee Cake	Bagel and Cream Cheese	Blueberry Muffin with String Cheese
		Cinnamon Toasters with Graham Crackers	Raisin Bran with Graham Crackers	Raisin Bran with Graham Crackers	Honey Nut Scooters with Graham Crackers	Mateys with Graham Crackers
LUNCH		Herb Roasted Chicken with Brown Rice and Corn on the Cobb <i>Pollo Rostizado con Arroz y Elote</i>	Bean, Rice, and Cheese Burrito with Carrots <i>Burrito de Frijol, Arroz, y Queso con Zanahorias</i>	Pepperoni Pizza with Fresh Green Salad <i>Pizza de Peperoni con Ensalada</i>	Grilled Cheese Sandwich with Baked Beans <i>Sandwich Caliente de Queso con Frijoles al Horno</i>	Chicken Patty Sandwich with Sliced Cucumbers <i>Sandwich de Pollo Empanizado con Pepino</i>
	Non-fat milk , 1% milk and fresh fruit are available at each meal.	Meal items below are for vegetarian students only/ Las comidas a continuacion son solo para estudiantes vegetarianos				
		Macaroni and Cheese with Corn on the Cobb <i>Maccarones de Queso con Elote</i>	Veggie Quesadilla with Carrots <i>Quesadilla con Zahanorias</i>	Veggie Pizza with Fresh Green Salad <i>Pizza Vegetariana con Ensalada</i>	Grilled Cheese Sandwich with Baked Beans <i>Sandwich Caliente de Queso con Frijoles al Horno</i>	Grilled Cheese Sandwich with Sliced Cucumbers <i>Sandwich Caliente de Queso con Pepino</i>
Week 1, 3, 5		MONDAY 14; 28	TUESDAY 1; 15; 29	WEDNESDAY 2; 16; 30	THURSDAY 3; 17; 31	FRIDAY 4; 18
BREAKFAST		Pancakes with Sausage	Ham and Cheese English Muffin	French Toast with Sausage	Pizza Bagel	Chocolate Donut
		Cinnamon Toasters with Graham Crackers	Raisin Bran with Graham Crackers	Blueberry Spooners with Graham Crackers	Honey Nut Scooters with Graham Crackers	Mateys with Graham Crackers
LUNCH		Hamburger with Asian Coleslaw <i>Hamburguesa con Ensalada Cole</i>	Chicken Nachos with Roasted Corn <i>Nachos de Pollo con Elote Rostizado</i>	Turkey Hot Dog with Chili Beans <i>Perro Caliente de Pavo con Frijoles de Chile</i>	Spaghetti with Meat Sauce and Broccoli <i>Espaguetis en Salsa de Carne con Brocoli</i>	Chicken Tenders with Carrots <i>Trozos de Pollo con Zanahorias</i>
	Non-fat milk , 1% milk and fresh fruit are available at each meal.	Meal items below are for vegetarian students only/ Las comidas a continuacion son solo para estudiantes vegetarianos				
		Veggie Burger with Asian Coleslaw <i>Hamburguesa Vegetariana con Ensalada Cole</i>	Cheese Nachos with Roasted Corn <i>Nachos con Elote Rostizado</i>	Grilled Cheese Sandwich with Baked Beans <i>Sandwich Caliente de Queso con Frijoles de Chile</i>	Spaghetti with Marinara Sauce and Broccoli <i>Espaguetis en Salsa Marinara con Brocoli</i>	Mac and Cheese with Carrots <i>Macarrones con Queso y Zanahorias</i>