



Sometimes the menu changes
A veces el menu cambia

N.E.W. Academy Canoga Park
Breakfast and Lunch Menu- November 2019

Weeks 2, 4	MONDAY 4; 18	TUESDAY 5; 19	WEDNESDAY 6; 20	THURSDAY 7; 21	FRIDAY 8; 22
BREAKFAST	Waffle and Eggs Cinnamon Toasters with Graham Crackers	Cinnamon Roll Raisin Bran with Graham Crackers	Coffee Cake Raisin Bran with Graham Crackers	Bagel and Cream Cheese Honey Nut Scooters with Graham Crackers	Blueberry Muffin with String Cheese Mateys with Graham Crackers
LUNCH	Herb Roasted Chicken with a Dinner Roll and Carrots <i>Pollo Rostizado con un Panecillo y Zanahorias</i>	Bean, Rice, and Cheese Burrito with Chile Lime Cucumbers <i>Burrito de Frijol, Arroz, y Queso con Pepinos con Chile y Limon</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 Roasted Corn <i>Sandwich de Pollo Empanizado con Elote</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 Carrots <i>Maccarones de Queso con Zanahorias</i>	Veggie Quesadilla with Chile Lime Cucumbers <i>Quesadilla y Pepino con Chile y Limon</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 Roasted Corn <i>Sandwich Caliente de Queso con Roasted Corn</i>

Week 1, 3, 5	MONDAY 11; 25	TUESDAY 12; 26	WEDNESDAY 13; 27	THURSDAY 14; 28	FRIDAY 1; 15; 29
BREAKFAST	Pancakes with Sausage Cinnamon Toasters with Graham Crackers	Ham and Cheese English Muffin Raisin Bran with Graham Crackers	French Toast with Sausage Blueberry Spooners with Graham Crackers	Pizza Bagel Honey Nut Scooters with Graham Crackers	Chocolate Donut 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>

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