



Sometimes the menu changes

N.E.W. Academy Canoga Park

A veces el menu cambia Breakfast and Lunch Menu- September 2019

Weeks 2, 4

MONDAY

9; 23

TUESDAY

10; 24

WEDNESDAY

11; 25

THURSDAY

12; 26

FRIDAY

13; 27

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
Pollo Rostizado con Arroz y Elote

Bean, Rice, and Cheese Burrito with Carrots
Burrito de Frijol, Arroz, y Queso con Zanahorias

Pepperoni Pizza with Fresh Green Salad
Pizza de Peperoni con Ensalada

Grilled Cheese Sandwich with Baked Beans
Sandwich Caliente de Queso con Frijoles al Horno

Chicken Patty Sandwich with Sliced Cucumbers
Sandwich de Pollo Empanizado con Pepino

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
Maccarones de Queso con Elote

Veggie Quesadilla with Carrots
Quesadilla con Zahanorias

Veggie Pizza with Fresh Green Salad
Pizza Vegetariana con Ensalada

Grilled Cheese Sandwich with Baked Beans
Sandwich Caliente de Queso con Frijoles al Horno

Grilled Cheese Sandwich with Sliced Cucumbers
Sandwich Caliente de Queso con Pepino

Non-fat milk , 1% milk and fresh fruit are available at each meal.

Week 1, 3, 5

MONDAY

2; 16; 30

TUESDAY

3; 17

WEDNESDAY

4; 18

THURSDAY

5; 19

FRIDAY

6; 20

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
Hamburguesa con Ensalada Cole

Chicken Nachos with Roasted Corn
Nachos de Pollo con Elote Rostizado

Turkey Hot Dog with Chili Beans
Perro Caliente de Pavo con Frijoles de Chile

Spaghetti with Meat Sauce and Broccoli
Espaguetis en Salsa de Carne con Brocoli

Chicken Tenders with Carrots
Trozos de Pollo con Zanahorias

Meal items below are for vegetarian students only/ Las comidas a continuacion son solo para estudiantes vegetarianos

Veggie Burger with Asian Coleslaw
Hamburguesa Vegetariana con Ensalada Cole

Cheese Nachos with Roasted Corn
Nachos con Elote Rostizado

Grilled Cheese Sandwich with Baked Beans
Sandwich Caliente de Queso con Frijoles de Chile

Spaghetti with Marinara Sauce and Broccoli
Espaguetis en Salsa Marinara con Brocoli

Mac and Cheese with Carrots
Macarrones con Queso y Zanahorias

Non-fat milk , 1% milk and fresh fruit are available at each meal.