



# OCTOBER

## CIMARRON & EAGLE NEST BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**Ham/Cheese Bar**  
**Fresh Fruit**  
**Low Fat Milk**

5

**Assorted Cereal**  
**Fresh Fruit**  
**Low Fat Milk**

6

**Bagel**  
**Fresh Fruit**  
**Low Fat Milk**

7

**Yogurt Parfait**  
**Fresh Fruit**  
**Low Fat Milk**

8

**UBR**  
**Fresh Fruit**  
**Low Fat Milk**

12

**Assorted Muffins**  
**Fresh Fruit**  
**Low Fat Milk**

13

**Bacon Sandwich**  
**Fresh Fruit**  
**Low Fat Milk**

14

**Cinnamon Roll**  
**Fresh Fruit**  
**Low Fat Milk**

15

**Breakfast Burrito**  
**Fresh Fruit**  
**Low Fat Milk**

19

**Sausage Sandwich**  
**Fresh Fruit**  
**Low Fat Milk**

20

**Breakfast Pizza**  
**Fresh Fruit**  
**Low Fat Milk**

21

**Pancake on a Stick**  
**Fresh Fruit**  
**Low Fat Milk**

22

**Ham/Cheese Bar**  
**Fresh Fruit**  
**Low Fat Milk**

26

**Assorted Cereal**  
**Fresh Fruit**  
**Low Fat Milk**

27

**Ham Biscuit**  
**Fresh Fruit**  
**Low Fat Milk**

28

**Bagel**  
**Fresh Fruit**  
**Low Fat Milk**

29

**Yogurt Parfait**  
**Fresh Fruit**  
**Low Fat Milk**



# OCTOBER

## CIMARRON & EAGLE NEST LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

00

\*Chef Salad  
\*Chicken Sandwich  
Baked Fries  
Lettuce/Tomato  
Chilled Fruit  
Choice of Milk

5

\*Chef Salad  
\*Beef Nachos  
Black Beans  
Mexi-Corn  
Chilled Fruit  
Choice of Milk

6

\*Southwest Salad  
\*Pulled Pork  
Baked Beans  
Macaroni Salad  
Chilled Fruit  
Choice of Milk

7

\*Cobb Salad  
\*Beef Burrito  
Pinto Beans  
Garden Salad  
Chilled Fruit  
Choice of Milk

8

\*Caesar Salad  
\*Lasagna  
Garlic Bread  
Italian Veggies  
Chilled Fruit  
Choice of Milk

12

\*Chef Salad  
\*Cheeseburger  
Baked Fries  
Lettuce/Tomato  
Chilled Fruit  
Choice of Milk

13

\*Southwest Salad  
\*Frito Pie  
Refried Beans  
Romaine Salad  
Chilled Fruit  
Choice of Milk

14

\*Cobb Salad  
\*Loaded Potato  
Homemade Roll  
Brussel Sprouts  
Chilled Fruit  
Choice of Milk

15

\*Caesar Salad  
\*Pepperoni Pizza  
Cauliflower  
Popeye Salad  
Chilled Fruit  
Choice of Milk

19

\*Chef Salad  
\*PB&J  
Baked Chips  
Carrot Sticks  
Chilled Fruit  
Choice of Milk

20

\*Southwest Salad  
\*Steak Fingers  
Mashed Potatoes  
Green Beans  
Chilled Fruit  
Choice of Milk

21

\*Cobb Salad  
\*Mac & Cheese  
Bread & Butter  
Sweet Peas  
Chilled Fruit  
Choice of Milk

22

\*Caesar Salad  
\*Hot Dog  
Pork N Beans  
Potato Salad  
Chilled Fruit  
Choice of Milk

26

\*Chef Salad  
\*Cubano Sandwich  
Assorted Chips  
Celery Sticks  
Chilled Fruit  
Choice of Milk

27

\*Southwest Salad  
\*Chicken & Rice  
Saltine Crackers  
Veggie Medley  
Chilled Fruit  
Choice of Milk

28

\*Cobb Salad  
\*Salisbury Steak  
Seasoned Rice  
Glazed Carrots  
Chilled Fruit  
Choice of Milk

29

\*Caesar Salad  
\*Cheesy Alfredo  
Garlic Toast  
California Medley  
Chilled Fruit  
Choice of Milk