

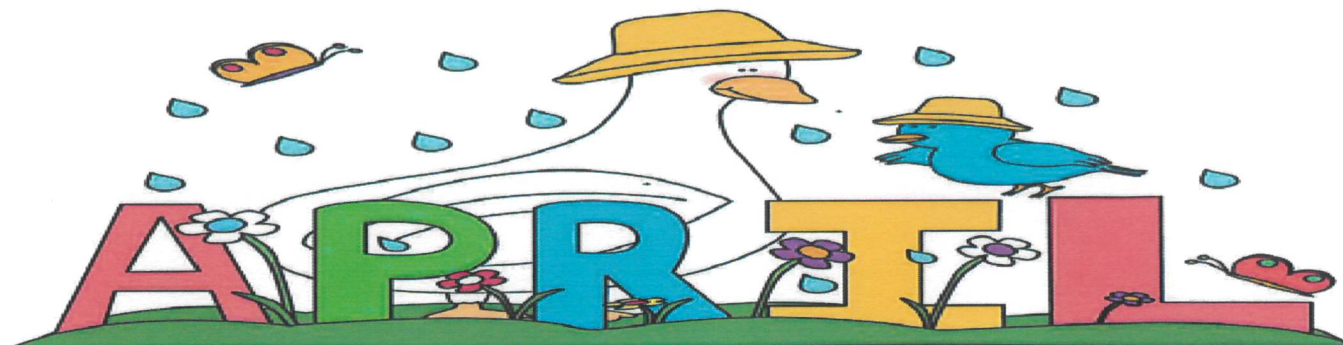
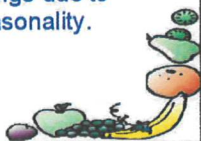
April 22

Monday	Tuesday	Wednesday	Thursday	Nutrients
1 Buttery Maple Waffles Mixed Berry Cup Fresh Apple Milk Skim Milk	2 Breakfast Pizza Orange Juice Fresh Apple Milk Skim Milk	3 Banana Muffin String Cheese Apple Crisps Fresh Apple Milk	4 English Muffin Sandwich Pineapple Fruit Bowl Fresh Apple Milk Skim Milk	Cal 565 T.Fat 9.58 G S.Fat 4.1 G Chol 53.0 Mg
8 Breakfast Wrap Applesauce Cup Fresh Apple Milk Skim Milk	9 Apple Frudel Strawberry Craisins Fresh Apple Milk Skim Milk	10 Sausage/Egg Bite Peach Cup Fresh Apple Milk Skim Milk	11 Blueberry Muffin Top Straw-Mango Sidekick Fresh Apple Milk Skim Milk	Cal 567 T.Fat 9.59 G S.Fat 3.1 G Chol 45.9 Mg
15 Mini Bagel/Cream Cheese Craisins Fresh Apple Milk Skim Milk	16 Pancakes Grilled Egg Patty Peach Cup Fresh Apple Milk	17 Banana Muffin String Cheese Applesauce Cup Fresh Apple Milk/Skim Milk	18 Cinnamon Crumble Fruit Punch Juice Fresh Apple Milk Skim Milk	Cal 662 T.Fat 12.00 G S.Fat 3.7 G Chol 66.2 Mg
22 Breakfast Burritos Applesauce Cup Fresh Apple Milk Skim Milk	23 Apple Frudel Straw/Banana Applesauce Cup Fresh Apple Milk Skim Milk	24 Pancake on a Stick Chilled Pears Fresh Apple Milk Skim Milk	25 Strawberry Boli Banana Fresh Apple Milk Skim Milk	Cal 567 T.Fat 8.59 G S.Fat 3.5 G Chol 37.5 Mg
29 Breakfast Wrap Applesauce Cup Fresh Apple Milk Skim Milk	30 Cinnamon Pull Aparts Mixed Berry Cup Fresh Apple Milk Skim Milk			Cal 574 T.Fat 10.68 G S.Fat 3.8 G Chol 41.8 Mg



This institution is an equal
opportunity provider.

Cortez Schools
Lunch Menu/2023-2024
Menu subject to change due to
availability and seasonality.



Monday

Tuesday

Wednesday

Thursday

Nutrients

1 Country Fried Steak Whipped Potatoes/Gravy Whole Wheat Roll Assorted Fruit/Veggie Milk/Skim Milk	2 Chicken & Noodles Bread Stick Assorted Fruit/Veggie Milk Skim Milk	3 Hot Dog/Bun Catsup/Mustard Assorted Fruit/Veggie Milk Skim Milk	4 Tomato Soup Cheesy Twiz-Stick Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1596 T.Fat 36.37 G S.Fat 9.8 G Chol 68.9 Mg
8 Sloppy Joe Assorted Fruit/Veggie Milk Skim Milk	9 Corn Dog Catsup/Mustard Assorted Fruit/Veggie Milk Skim Milk	10 Chicken Drumsticks Biscuit Assorted Fruit/Veggie Milk Skim Milk	11 Cheese Pizza Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1597 T.Fat 38.35 G S.Fat 12.1 G Chol 94.9 Mg
15 Mandarin Chicken/Rice Fortune Cookie Assorted Fruit/Veggie Milk Skim Milk	16 Pizzaboli Assorted Fruit/Veggie Milk Skim Milk	17 Macaroni and Cheese Dinner Roll Assorted Fruit/Veggie Milk Skim Milk	18 STUDENT CHOICE Milk Chocolate Milk	Cal 1155 T.Fat 24.90 G S.Fat 9.0 G Chol 59.0 Mg
22 Burrito Salsa Assorted Fruit/Veggie Milk Skim Milk	23 Spaghetti/Meat Sauce Bread Stick Assorted Fruit/Veggie Milk Skim Milk	24 Chicken Taco Spanish Rice Assorted Fruit/Veggie Milk Skim Milk	25 Hamburger on a Bun Assorted Fruit/Veggie Milk Chocolate Milk	Cal 1528 T.Fat 34.71 G S.Fat 10.7 G Chol 86.1 Mg
29 Pepperoni Pizza Assorted Fruit/Veggie Milk Skim Milk	30 P.B. & Jelly Sandwich String Cheese Assorted Fruit/Veggie Milk Skim Milk			Cal 1476 T.Fat 37.46 G S.Fat 10.5 G Chol 52.0 Mg



April 22

April
SHOWERS
May
FLOWERS



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