



# Dulce Elementary School

## Breakfast Menu

October  
2022

This Institution is an Equal Opportunity Provider and Employer

Monday Na'itzi'ji	Tuesday Máaidis	Wednesday Ich'énaadzoo	Thursday Ich'éneedzoo	Friday Ich'é
3 Cold Cereal String Cheese Fruit	4 Pancake Sausage on a Stick Fruit	5 Breakfast Pizza Fruit	6 UBR Bars Yogurt Fruit	7 Bagel Cream Cheese Fruit
10 No School Jicarilla Culture Day	11 Banana Bread String Cheese Fruit	12 Mini Pancake Fruit	13 Biscuit, Ham & Cheese Sandwiches Fruit	14 No School Professional Development Day
17 Blue Berry Muffin Yogurt Fruit	18 French Toast Sticks Syrup Sausage Fruit	19 Breakfast Pizza Fruit	20 Yogurt Granola Bars Fruit	21 Apple Fudels Fruit
24 Cold Cereal String Cheese Graham Cracker Fruit	25 Pancake Sausage on a Stick Fruit	26 UBR Bars String Cheese Fruit	27 Biscuit, Sausage & Cheese Sandwiches Fruit	28 Blue Berry Waffles Fruit
31 Cold Cereal Sports Bites Fruit				Milk & Juice Served Daily

Questions / suggestions please contact:

FSD Christina Martinez  
PH: (575)759-2927 Email: [CMartinez@dulceschools.com](mailto:CMartinez@dulceschools.com)

\*\*\*THIS MENU IS SUBJECT TO CHANGE AT ANY TIME\*\*\*



# Dulce Elementary School

## Lunch Menu

Go-Jii-Ya

**October  
2022**

Lunch Serving Time

Milk offered Daily

2% Milk

Fat Free Chocolate

DES Menus follow the  
USDA Child Nutrition  
Program & Student  
Preferences.

Monday Na'idziiji	Tuesday Máaidis	Wednesday Ich'énáatsoot	Thursday Ich'énéedzoo	Friday Ich'é
Corn Dog Veggies Fruit 3	Hoagie Sandwiches Veggies Fruit Cookie 4	Jicarilla Stew Tortilla Veggies Fruit 5	Spaghetti Corn Garlic Bread Fruit 6	Nuggets Veggies Jell-O Fruit 7
No School Jicarilla Culture Day 10	Chicken Enchiladas Spanish Rice Tortilla Fruit 11	Beef fingers Mashed Potatoes Steamed Peas Fruit/Roll 12	Chile Cheese Fries Lettuce/ Tomato Veggies Fruit 13	No School Professional Development 14
Pepperoni Pizza Chips Veggies Fruit 17	Chicken Nuggets Fries Veggies Fruit Ketchup 18	Frito Pie/Tortilla Veggies Fruit 19	Cheeseburgers Chips Veggies Fruit Ketchup 20	Baked chicken Brown rice Veggies/Roll Fruit 21
Grilled Cheese Sandwiches Veggies/Jell-O Fruit 24	Red Enchiladas Pinto Beans/Tortilla Rice Fruit 25	Tortilla Cheeseburgers Chips Fruit Pudding Ketchup 26	Spaghetti Corn Garlic Bread Fruit 27	Chile Beans Veggies Corn Bread Fruit 28
Chicken Enchiladas Pinto Beans/ Crackers Veggies Fruit 31		Choice of Milk Offered Daily		

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# Dulce High School

## Breakfast Menu

October  
2022

Monday Na'izhiji	Tuesday Máat'is	Wednesday Ich'énéadzoł	Thursday Ich'énéedzoo	Friday Ich'é
3 Cold Cereal Graham Cracker Fruit	4 Cinnamon Bun String Cheese Fruit	5 Breakfast Burrito Fruit	6 Bagel Sausage, Cheese Sandwich Fruit	7 Biscuit & Gravy Fruit
10 Jicanilla Culture Day	11 Yogurt Parfait W/Granola Fruit	12 Green Chile Breakfast Bowl Fruit	13 Biscuit, Ham & Cheese Sandwiches Fruit	14 Professional Development Day
17 Blue Berry Muffin Yogurt Fruit	18 UBR Bars String Cheese Fruit	19 Biscuit, Sausage & Cheese Sandwiches Fruit	20 Biscuit & Gravy Cheese Sticks Fruit	21 Sausage pancake on a Stick Fruit
24 Cold Cereal String Cheese Fruit	25 Homemade Breakfast Burritos Fruit	26 French Toast Sticks Sausage Syrup Fruit	27 Yogurt Granola Bar Fruit	28 Cherry Fudgel Fruit
31 Cold Cereal Yogurt Fruit				Milk & Juice Served Daily

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DHS Menus follow the USDA  
Child Nutrition Program & Student  
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TIME\*\*\*



# Dulce Jr-Sr High School

## Lunch Menu

October  
2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Monday</b> <b>Na'idziiji</b> 3 Salisbury Steak Mashed Potatoes/Gravy Veggies Fruit	<b>Tuesday</b> <b>Máaitis</b> 4 Chicken Enchiladas Veggies Fruit Salsa/Guac	<b>Wednesday</b> <b>Ich'énéadzo</b> 5 Chile Fries Garnish Veggies Fruit	<b>Thursday</b> <b>Ich'énéadzo</b> 6 Pizza Chips Veggies Fruit	<b>Friday</b> <b>Ich'yé</b> 7 Ham & Cheese Sandwiches Chips Veggies Fruit
<b>No</b> <b>School</b> <b>Jicarilla Culture</b> <b>Day</b> 10	<b>Chicken Enchiladas</b> <b>Beans</b> <b>Tortilla</b> <b>Fruit</b> 11	<b>Beef Fingers</b> <b>Mashed Potatoes</b> <b>Steamed Peas</b> <b>Fruit</b> 12	<b>Chicken Teriyaki</b> <b>WG Rice</b> <b>Veggies</b> <b>Fruit</b> 13	<b>No</b> <b>School</b> <b>Professional</b> <b>Development</b> 14
<b>Chicken Nuggets</b> <b>Baked Beans</b> <b>Veggies</b> <b>Fruit</b> 17	<b>Tacos</b> <b>Beans/Garnish</b> <b>Veggies</b> <b>Fruit</b> 18	<b>Green Chile Stew</b> <b>Veggies</b> <b>Fruit</b> <b>Tortilla</b> 19	<b>Chile Cheese Fries</b> <b>Lettuce/Tomato</b> <b>Veggies</b> <b>Fruit</b> 20	<b>Ham Sandwiches</b> <b>Chips</b> <b>Veggies</b> <b>Fruit</b> 21
<b>Chicken Quesadillas</b> <b>Veggies</b> <b>Salsa/Guacamole</b> <b>Fruit</b> 24	<b>Red Enchiladas</b> <b>Pinto Beans/Tortillas</b> <b>Rice</b> <b>Fruit</b> 25	<b>Chicken Alfredo</b> <b>WG Breadstick</b> <b>Veggies</b> <b>Fruit</b> 26	<b>Spaghetti</b> <b>Corn</b> <b>Garlic Bread</b> <b>Fruit</b> 27	<b>Chile Beans</b> <b>Corn Bread</b> <b>Veggies</b> <b>Fruit</b> 28
<b>BBO Chicken</b> <b>Veggies</b> <b>WW Roll</b> <b>Fruit</b> 31				

DHS Menus follow the USDA Child Nutrition Program & Student Preferences. We serve lean, quality meats with little or no trans-fat and a minimal amount of added sugar & salt.

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