

PCES, PreK & ALC Menu



, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 French Toast Sticks (3) or Sweet Potato Cinnamon Roll</p> <hr/> <p>Steak Nuggets or Lunchable Mashed Potatoes Turnip Greens, Cornbread</p>	<p>6 Chicken Biscuit or Poptarts</p> <hr/> <p>Chicken Wings or Cheese or Pepperoni Pizza Mac'n Cheese Roasted Broccoli, Cookie</p>	<p>7 Pig'n Jacket or Breakfast Bun</p> <hr/> <p>Cheeseburger Mac or Crispy Chicken Salad Green Beans Glazed Carrots, Garlic Toast</p>	<p>8 Grits, Ham & Biscuit or Cereal & Poptart</p> <hr/> <p>Salisbury Steak w/Gravy, or Chef Salad Mashed Potatoes Black-eyed Peas, Cornbread</p>	<p>9 Sausage Twins or Mini Doughnuts</p> <hr/> <p>Crispy Chicken Sandwich or BBQ Sandwich Baked Beans, Potato Wedges Lettuce/Tomato/Pickle</p>
<p>12 Breakfast Pizza or Sweet Potato Cinnamon Roll</p> <hr/> <p>Beef or Chicken Nachos or Lunchable Spanish Rice Mexican Corn, Salsa</p>	<p>13 Steak Biscuit or Poptarts</p> <hr/> <p>Tatortot Casserole or Crispy Chicken Salad Green Beans Glazed Carrots, WG Roll</p>	<p>14 French Toast Sticks (3) or Breakfast Bun</p> <hr/> <p>Popcorn Chicken w/Dipping Sauce or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>15 Grits, Bacon & Biscuit or Cereal & Poptart</p> <hr/> <p>Turkey/Cheese Sub, or WM Cheesy Sticks w/Marinara Lettuce/Tomato/Pickles Seasoned Fries, Corn on Cob</p>	<p>16 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>BBQ Sliders, or Lunchable w/Baked Beans, Seasoned Fries Pickle Spears</p>
<p>19 Ham Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>(2) Cheese Quesadillas or Lunchable Spanish Rice, Refried Beans, Salsa</p>	<p>20 Breakfast Pizza or Poptarts</p> <hr/> <p>Seafood Medley or Chef Salad Mac'n Cheese, Steamed Broccoli, Hushpuppies</p>	<p>21 Sausage Twins or Breakfast Bun</p> <hr/> <p>Chicken Tenders w/Dipping Sauce or Lunchable Green Beans, WK Corn, WG Roll</p>	<p>22 Grits, Link Sausage & Biscuit or Cereal & Poptart</p> <hr/> <p>Turkey Roast w/Gravy or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>23 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>Chili Cheese Hot Dog or Crispy Chicken Salad Coleslaw, Baked Beans, Oven Fries</p>
<p>26 Steak Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Cheese or Pepperoni Pizza, or Lunchable Green Beans, WK Corn, Vanilla Pudding</p>	<p>27 Breakfast Pizza or Breakfast Bun</p> <hr/> <p>Chicken Alfredo or Lunchable Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>28 Blueberry Pancakes or Poptarts</p> <hr/> <p>Spaghetti Bake or Chef Salad Black-eyed Peas Roasted Broccoli, Garlic Toast</p>	<p>29 Grits, Bacon & Biscuit or Cereal & Poptart</p> <hr/> <p>Baked Chicken or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>30 Ham Biscuit or Mini Doughnuts</p> <hr/> <p>Hamburger w/Cheese, or Lunchable Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle</p>

Offer versus Serve

The 5 Meal Components for School Lunch

1 Meat or Meat Alternate	2 Grain	3 Fruit	4 Vegetable	5 Milk
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You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**

A choice of MILK and a variety of fresh FRUITS served daily.

This institution is an equal opportunity provider.

DID YOU KNOW? Many sports drinks have as much added sugar as soda. For most kids, water is a perfect way to rehydrate after physical activity. Sports drinks are really only needed if your youngster participates in sustained and vigorous physical activity. Otherwise, they become a source of empty calories.

(Menus are subject to change due to product availability.)