

PCES, PreK & ALC Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><small>Offer versus Serve</small></p> <p>The 5 Meal Components for School Lunch</p> <p>You choose at least 3 including</p> <ul style="list-style-type: none"> • ½ cup of fruit or vegetable • at least two other full components <p>For best nutrition, choose all 5!</p>		<p>1 French Toast Sticks (3) or Breakfast Bun</p> <hr/> <p>Popcorn Chicken w/Dipping Sauce or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>2 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>3 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>BBQ Sliders, or Lunchable w/Baked Beans, Seasoned Fries Pickle Spears</p>
<p>6 Steak Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Cheese or Pepperoni Pizza, or Lunchable Green Beans, WK Corn, Vanilla Pudding</p>	<p>7 Maple Waffles or Poptarts</p> <hr/> <p>Spaghetti Bake or Chef Salad Black-eyed Peas Roasted Broccoli, Garlic Toast</p>	<p>8 Breakfast Pizza or Breakfast Bun</p> <hr/> <p>Chicken Alfredo or Lunchable Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>9 Grits, Bacon & Biscuit or Cereal & Poptart</p> <hr/> <p>Baked Chicken or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>10 Ham Biscuit or Mini Doughnuts</p> <hr/> <p>Hamburger w/Cheese, or Lunchable Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle</p>
<p>13 French Toast Sticks (3) or Sweet Potato Cinnamon Roll</p> <hr/> <p>Salisbury Steak & Gravy or Lunchable Mashed Potatoes Turnip Greens, Cornbread</p>	<p>14 Chicken Biscuit or Poptarts</p> <hr/> <p>Cheeseburger Mac or Crispy Chicken Salad Green Beans Glazed Carrots, Garlic Toast</p>	<p>15</p> <p>Manager's Choice</p>	<p>16</p> <p>Manager's Choice</p>	<p>17</p> <p>Manager's Choice</p>

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

This institution is an equal opportunity provider.

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



In the Kitchen **Awesome avocados**

Avocados can be used for more than just guacamole. Containing healthy fats, this fruit has a mild flavor and a creamy texture.

Egg-in-a-hole

Preheat the oven to 425°. Cut an avocado in half, remove the pit, and place the halves on a baking sheet. Then, crack an egg into each crater. Bake 15 minutes, or until eggs are set. Top with salsa if desired.

Sandwich spread

Scoop out the flesh from 2 avocados, and

puree in a blender with the juice of 1 lime and ¼ tsp. cayenne. Blend until smooth. You'll have a creamy spread to use on sandwiches instead of mayonnaise.

"Green goodness" dressing

Put the flesh of 1 avocado into a blender. Add 1 clove garlic, 2 chopped green onions, ¼ cup olive oil, ¼ cup each chopped fresh chives and parsley, and the juice of 1 lemon. Puree until well blended. Refrigerate in a jar, and enjoy as a dip for vegetables or drizzled on salads. ●

