


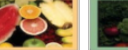
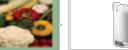



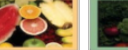
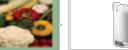



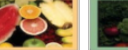
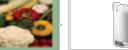



PCES, PreK & ALC Menu September

Monday	Tuesday	Wednesday	Thursday	Friday					
<p>2 </p> <p>Breakfast Pizza or Sweet Potato Cinnamon Roll</p> <hr/> <p>Beef or Chicken Nachos or Lunchable Spanish Rice Mexican Corn, Salsa</p>	<p>3 Chicken Biscuit or Poptarts</p> <hr/> <p>Chicken Wings or Cheese or Pepperoni Pizza Mac'n Cheese Roasted Broccoli, Cookie</p>	<p>4 Pig'n Jacket or Breakfast Bun</p> <hr/> <p>Hamburger Steak w/Gravy, or Crispy Chicken Salad Mashed Potatoes Black-eyed Peas, Cornbread</p>	<p>5 Grits, Ham & Biscuit or Cereal & Poptart</p> <hr/> <p>Cheeseburger Mac or Chef Salad Green Beans Glazed Carrots, Garlic Toast</p>	<p>6 Sausage Twins or Mini Doughnuts</p> <hr/> <p>Crispy Chicken Sandwich or BBQ Sandwich Baked Beans, Potato Wedges Lettuce/Tomato/Pickle</p>					
<p>9 Breakfast Pizza or Sweet Potato Cinnamon Roll</p> <hr/> <p>Beef or Chicken Nachos or Lunchable Spanish Rice Mexican Corn, Salsa</p>	<p>10 Steak Biscuit or Poptarts</p> <hr/> <p>Tatortot Casserole or Crispy Chicken Salad Green Beans Glazed Carrots, WG Roll</p>	<p>11 French Toast Sticks (3) or Breakfast Bun</p> <hr/> <p>Turkey/Cheese Sub, or WM Cheesy Sticks w/Marinara Lettuce/Tomato/Pickles Fries, Corn on Cob</p>	<p>12 Grits, Bacon & Biscuit or Cereal & Poptart</p> <hr/> <p>Popcorn Chicken w/Dipping Sauce or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>13 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>BBQ Sliders, or Lunchable w/Baked Beans, Seasoned Fries Pickle Spears</p>					
<p>16 Ham Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>(2) Cheese Quesadillas or Lunchable Spanish Rice, Refried Beans, Salsa</p>	<p>17 Breakfast Pizza or Poptarts</p> <hr/> <p>Seafood Medley or Chef Salad Mac'n Cheese, Steamed Broccoli, Hushpuppies</p>	<p>18 Sausage Twins or Breakfast Bun</p> <hr/> <p>Chicken Tenders w/Dipping Sauce or Lunchable Green Beans, WK Corn, WG Roll</p>	<p>19 Grits, Link Sausage & Biscuit or Cereal & Poptart</p> <hr/> <p>Turkey Roast w/Gravy or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>20 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>Chili Cheese Hot Dog or Crispy Chicken Salad Coleslaw, Baked Beans, Oven Fries</p>					
<p>23 Steak Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Cheese or Pepperoni Pizza, or Lunchable Green Beans, WK Corn, Vanilla Pudding</p>	<p>24 Breakfast Pizza or Breakfast Bun</p> <hr/> <p>Chicken Alfredo or Lunchable Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>25 Blueberry Pancakes or Poptarts</p> <hr/> <p>Spaghetti Bake or Chef Salad Black-eyed Peas Roasted Broccoli, Garlic Toast</p>	<p>26 Grits, Bacon & Biscuit or Cereal & Poptart</p> <hr/> <p>Baked Chicken or Lunchable Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>27 Ham Biscuit or Mini Doughnuts</p> <hr/> <p>Hamburger w/Cheese, or Lunchable Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle</p>					
<p>30 French Toast Sticks (3) or Sweet Potato Cinnamon Roll</p> <hr/> <p>Steak Nuggets or Lunchable Mashed Potatoes Turnip Greens, Cornbread</p>	<div data-bbox="478 1193 1213 1481" data-label="Complex-Block"> <p style="text-align: center;"><small>Offer versus Serve</small></p> <p style="text-align: center;">The 5 Meal Components for School Lunch</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 20%;"> <p>1 Meat or Meat Alternate</p>  </td> <td style="width: 20%;"> <p>2 Grain</p>  </td> <td style="width: 20%;"> <p>3 Fruit</p>  </td> <td style="width: 20%;"> <p>4 Vegetable</p>  </td> <td style="width: 20%;"> <p>5 Milk</p>  </td> </tr> </table> <p style="text-align: center;">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 style="text-align: center;">For best nutrition, choose all 5!</p> </div>				<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 
<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 					

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

This institution is an equal opportunity provider.

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