








PCMS & HHS Menu

September

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