

PCMS & HHS Menu



, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Sausage Twins or Sweet Potato Cinnamon Roll</p> <hr/> <p>Popcorn Chicken w/Dipping sauces Mashed Potatoes Steamed Broccoli/Cheese, Cookie</p>	<p>3 Sausage/Egg/Cheese Burrito Granola Bar</p> <hr/> <p>Catfish Mac'n Cheese, Coleslaw, hushpuppies</p>	<p>4 French Toast Sticks (3) or Breakfast Bun</p> <hr/> <p>Oven Roasted Chicken Glazed Carrots Green Beans, WG Roll</p>	<p>5 Grits, Link Sausage & Biscuit or Blueberry Nutri Grain Bars</p> <hr/> <p>Chili with Cheese Baked Potato, WK Corn Cornbread</p>	<p>6 Chicken Biscuit or Cereal & 1 ct Poptart</p> <hr/> <p>BBQ Sliders, Baked Beans, Seasoned Fries Pickle Spears</p>
<p>9 Blueberry Pancakes or Strawberry Nutri Grain Bars</p> <hr/> <p>Steak Nuggets Creamy Potatoes Turnip Greens, Roll</p>	<p>10 Steak Biscuit or Honey Bun</p> <hr/> <p>Spaghetti Bake Glazed Carrots Roasted Broccoli, Garlic Toast</p>	<p>11 Breakfast Pizza or Goody Ring Donut</p> <hr/> <p>Chicken Alfredo Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>12 Grits, Bacon & Biscuit Or Blueberry Poptarts</p> <hr/> <p>Popcorn Shrimp Mac'n Cheese Green Beans, Cookie</p>	<p>13 Ham Biscuit or Mini Doughnuts</p> <hr/> <p>Chili Cheese Hot Dog Coleslaw, Baked Beans, Curly Fries</p>
<p>16 French Toast Sticks (3) or Sweet Potato Cinnamon Roll</p> <hr/> <p>Country Fried Steak/Gravy Mashed Potatoes Turnip Greens, Roll</p>	<p>17 Chicken Biscuit or Granola Bar</p> <hr/> <p>Cheeseburger Mac Green Beans Glazed Carrots, Garlic Toast</p>	<p>18 Sausage/Egg/Cheese Burrito or Breakfast Bun</p> <hr/> <p>Cheese or Pepperoni Pizza, Steamed Broccoli/Cheese, WK Corn, Vanilla Pudding</p>	<p>19 Ham Biscuit or Blueberry Nutri Grain Bars</p> <hr/> <p>Turkey Dressing, Cranberry Sauce Sweet Potato Souffle, Green Beans, Banana Pudding</p>	<p>20 Sausage Twins or Cereal & 1 ct Poptart</p> <hr/> <p>Crispy Chicken Sandwich Baked Beans, Potato Wedges Lettuce/Tomato/Pickle</p>
23	24	25	26	27
<p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ <i>Thanksgiving Holidays</i> ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>				
<p>30 Breakfast Pizza or Honey Bun</p> <hr/> <p>Chicken Tenders Creamy Potatoes Turnips, Cornbread</p>	<p>A choice of MILK and a variety of fresh FRUITS served daily.</p>			

Offer versus Serve

The 5 Meal Components for School Lunch

<p>1 Meat or Meat Alternate</p> 	<p>2 Grain</p> 	<p>3 Fruit</p> 	<p>4 Vegetable</p> 	<p>5 Milk</p> 
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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!



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

This institution is an equal opportunity provider.