

# PCES, PreK & ALC ~ SEPTEMBER 2018

**FREE Breakfast & Lunch for EVERY STUDENT, EVERY DAY!**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>4</b> Cereal & Cheese Toast or Sweet Potato Cinnamon Roll  <b>NEW</b> Sloppy Joe Sandwich, or Nacho Lunchable w/Baked Beans, Onion Rings, Pickle Spears	<b>5</b> French Toast Sticks (3) or Mini Cini  Tatortot Casserole, Chef Salad or PB&J Lunchable w/ Green Beans, Glazed Carrots, WG Roll	<b>6</b> Grits, Bacon & Biscuit or Breakfast Bun  <b>NEW</b> Cheese or Peperoni Pizza, Ravioli & WG Roll or Yogurt Lunchable w/Sweet Potato Fries, Roasted Broccoli	<b>7</b> Steak Biscuit or Mini Doughnuts  <b>NEW</b> Turkey Roast w/Gravy, or Pizza Lunchable w/Mashed Potatoes, Seasoned Greens, Black-eyed Peas, Cornbread
	<b>10</b> Breakfast Pizza or Breakfast Ring  (2) Cheese Quesadillas or Deli Lunchable w/Spanish Rice, Refried Beans, Salsa	<b>11</b> Cereal & Muffin or Muffin & Yogurt  <b>NEW</b> Salisbury Steak w/Mushroom Gravy or Pizza Lunchable w/Mashed Potatoes, Turnip Greens, Cornbread	<b>12</b> Chicken Biscuit or 2 ct. Poptart  Chicken Tenders, Chef Salad or PB&J Lunchable w/ Green Beans, WK Corn, WG Roll	<b>13</b> Grits, Egg & Biscuit or Breakfast Bun  Seafood Medley or Yogurt Lunchable w/Mac'n Cheese, Steamed Broccoli, Hushpuppies
<b>17</b> Breakfast Pizza or Breakfast Ring  Cheese or Peperoni Pizza, or Yogurt Lunchable w/Black-eyed Peas, Roasted Broccoli, Vanilla Pudding	<b>18</b> Cereal & Cheese Toast or Sweet Potato Cinnamon Roll  <b>NEW</b> Meatloaf Slice, or Pizza Lunchable w/Seasoned Potato Mash, Collard Greens, WG Roll	<b>19</b> Blueberry Pancakes or Mini Cini  Spaghetti Bake, Chef Salad or PB&J Lunchable w/ Green Beans, WK Corn, Garlic Toast	<b>20</b> Grits, Bacon & Biscuit or Breakfast Bun  <b>NEW</b> Chicken Stir Fry w/Mixed Veggies or Deli Lunchable w/ Chow Mein, Glazed Carrots, Egg Roll	<b>21</b> Chicken Biscuit or Mini Doughnuts  Hamburger w/Cheese, or Nacho Lunchable w/ Baked Beans, Seasoned Fries, Lettuce/Tomato/Pickle
<b>National Food Service Employee Day ~ Tuesday, September 25, 2018!!</b>				
<b>24</b> Breakfast Pizza or Breakfast Ring  Beef or Chicken Nachos or Deli Lunchable w/Spanish Rice, Mexican Corn, Salsa	<b>25</b> Cereal & Muffin or Muffin & Yogurt   Steak Nuggets, Popcorn Chicken or Pizza Lunchable w/ Mashed Potatoes, Turnip Greens, Cornbread	<b>26</b> Pig'n Jacket or 2 ct Poptart  Cheeseburger Mac, Chef Salad or PB&J Lunchable w/ Green Beans, Glazed Carrots, Garlic Toast	<b>27</b> Grits, Egg & Biscuit or Breakfast Bun  Chicken Wings, or Yogurt Lunchable w/ Mac'n Cheese, Roasted Broccoli, WG Roll	<b>28</b> Sausage Twins or Mini Doughnuts  Crispy Chicken Sandwich or Nacho Lunchable w/ Baked Beans, Potato Wedges, Lettuce/Tomato/Pickle