

PCES, PreK & ALC Menu **April**

Monday	Tuesday	Wednesday	Thursday	Friday					
1	2	Spring Break							
8 Ham Biscuit or Sweet Potato Cinnamon Roll <hr/> Chicken & Cheese Nachos or Or Lunchable Spanish Rice, Refried Beans, Salsa	9 Breakfast Pizza or Strawberry Nutri Grain Bar <hr/> Seafood Medley or Lunchable Mac'n Cheese, Steamed Broccoli, Hushpuppies	10 Sausage Twins or Breakfast Bun <hr/> Chicken Tenders w/Dipping Sauce or Chef Salad Green Beans, WK Corn, WG Roll	11 Grits, Link Sausage & Biscuit or Blueberry Nutri Grain Bar <hr/> Turkey Roast w/Gravy or Lunchable Mashed Potatoes, Turnip Greens, Cornbread	12 Chicken Biscuit or Mini Doughnuts <hr/> Chili Cheese Hot Dog or Crispy Chicken Salad Coleslaw, Baked Beans, Oven Fries					
15 Steak Biscuit or Sweet Potato Cinnamon Roll <hr/> Pepperoni Pizza or Cheesy Sticks, Green Beans, WK Corn, Vanilla Pudding	16 Pancakes or Poptarts <hr/> Spaghetti Bake or Chef Salad Black-eyed Peas Roasted Broccoli, Garlic Toast	17 Breakfast Pizza or Breakfast Bun <hr/> Chicken Alfredo or Lunchable Sweet Peas, Corn on Cob WG Roll, Apple Crunch	18 Grits, Bacon & Biscuit or Cereal <hr/> Baked Chicken or Lunchable Mashed Potatoes, Turnip Greens, Cornbread	19 Ham Biscuit or Mini Doughnuts <hr/> Hamburger w/Cheese, or Lunchable Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle					
22 French Toast Sticks (3) or Sweet Potato Cinnamon Roll <hr/> Steak Nuggets or Lunchable Mashed Potatoes Turnip Greens, Cornbread	23 Chicken Biscuit or Poptarts <hr/> Cheeseburger Mac or Crispy Chicken Salad Green Beans Glazed Carrots, Garlic Toast	24 Pig'n Jacket or Breakfast Bun <hr/> Chicken Wings or Cheese or Pepperoni Pizza Mac'n Cheese Roasted Broccoli, Cookie	25 Grits, Ham & Biscuit or Cereal <hr/> Salisbury Steak w/Gravy, or Chef Salad Mashed Potatoes Black-eyed Peas, Cornbread	26 Sausage Twins or Mini Doughnuts <hr/> Crispy Chicken Sandwich or BBQ Sandwich Baked Beans, Sweet Potato Fries Lettuce/Tomato/Pickle					
29 Breakfast Pizza or Sweet Potato Cinnamon Roll <hr/> Beef or Chicken Nachos or Lunchable Spanish Rice Mexican Corn, Salsa	30 Steak Biscuit or Poptarts <hr/> Tatortot Casserole or Crispy Chicken Salad Green Beans Glazed Carrots, WG Roll	<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
1 Meat or Meat Alternate	2 Grain	3 Fruit	4 Vegetable	5 Milk					

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

Welcome
Spring

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



This institution is an equal opportunity provider.