

PCMS & HHS Menu



, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 French Toast Sticks (3) or Sweet Potato Cinnamon Roll</p> <hr/> <p>Steak Nuggets or Garden Salad Mashed Potatoes Turnip Greens, Cornbread</p>	<p>6 Chicken Biscuit or Strawberry Nutri Grain Bar</p> <hr/> <p>Cheeseburger Mac or Garden Salad Green Beans Glazed Carrots, Garlic Toast</p>	<p>7 Pig'n Jacket or Breakfast Bun</p> <hr/> <p>Chicken Wings or Garden Salad Mac'n Cheese Roasted Broccoli, Cookie</p>	<p>8 Grits, Ham & Biscuit or Blueberry Nutri Grain Bar</p> <hr/> <p>Salisbury Steak w/Gravy, or Garden Salad Mashed Potatoes Black-eyed Peas, Cornbread</p>	<p>9 Sausage Biscuit or Mini Doughnuts</p> <hr/> <p>Crispy Chicken Sandwich or Garden Salad Baked Beans, Potato Wedges Lettuce/Tomato/Pickle</p>
<p>12 Breakfast Pizza or Sweet Potato Cinnamon Roll</p> <hr/> <p>Beef or Chicken Nachos or Garden Salad Spanish Rice Mexican Corn, Salsa</p>	<p>13 Steak Biscuit or Strawberry Nutri Grain Bar</p> <hr/> <p>Tatortot Casserole or Garden Salad Green Beans Glazed Carrots, WG Roll</p>	<p>14 French Toast Sticks (3) or Breakfast Bun</p> <hr/> <p>Popcorn Chicken w/Dipping Sauce or Garden Salad Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>15 Grits, Bacon & Biscuit or Blueberry Nutri Grain Bar</p> <hr/> <p>Turkey/Cheese Sub, or Garden Salad Lettuce/Tomato/Pickles Seasoned Fries, Corn on Cob</p>	<p>16 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>BBQ Sliders, or Garden Salad w/Baked Beans, Seasoned Fries Pickle Spears</p>
<p>19 Ham Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Wild Mikes Pizza or Garden Salad Spanish Rice, Refried Beans, Salsa</p>	<p>20 Breakfast Pizza or Strawberry Nutri Grain Bar</p> <hr/> <p>Seafood Medley or Garden Salad Mac'n Cheese, Steamed Broccoli, Hushpuppies</p>	<p>21 Sausage Biscuit or Breakfast Bun</p> <hr/> <p>Chicken Tenders w/Dipping Sauce or Garden Salad Green Beans, WK Corn, WG Roll</p>	<p>22 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>23 Chicken Biscuit or Mini Doughnuts</p> <hr/> <p>Chili Cheese Hot Dog or Garden Salad Coleslaw, Baked Beans, Oven Fries</p>
<p>26 Steak Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Basil Boss Specialty Pizza, or Garden Salad Green Beans, WK Corn, Vanilla Pudding</p>	<p>27 Blueberry Pancakes or Strawberry Nutri Grain Bar</p> <hr/> <p>Spaghetti Bake or Garden Salad Black-eyed Peas Roasted Broccoli, Garlic Toast</p>	<p>28 Breakfast Pizza or Breakfast Bun</p> <hr/> <p>Chicken Alfredo or Garden Salad Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>29 Grits, Bacon & Biscuit or Blueberry Nutri Grain Bar</p> <hr/> <p>Baked Chicken or Garden Salad Mashed Potatoes, Turnip Greens, Cornbread</p>	<p>30 Ham Biscuit or Mini Doughnuts</p> <hr/> <p>Hamburger w/Cheese, or Garden Salad Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle</p>

The 5 Meal Components for School Lunch



You choose **at least 3** including

- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**

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

This institution is an equal opportunity provider.

DID YOU KNOW?

Many sports drinks have as much added sugar as soda. For most kids, water is a perfect way to rehydrate after physical activity. Sports drinks are really only needed if your youngster participates in sustained and vigorous physical activity. Otherwise, they become a source of empty calories.

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