





# PCES, PreK & ALC Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>— WELCOME —</p> <p><b>BACK TO SCHOOL</b></p>		<p>4</p> <p>Grilled Cheese or Honey Bun</p> <hr/> <p>Chicken Tenders Creamy Potatoes Turnips, Cornbread</p>	<p>5</p> <p>Mini Blueberry Pancakes or Strawberry Nutri Grain Bars</p> <hr/> <p>Tatortot Casserole Sweet Peas Glazed Carrots, WG Roll</p>	<p>6</p> <p>Steak Biscuit or Mini Doughnuts</p> <hr/> <p>Hamburger w/Cheese, w/Baked Beans, Seasoned Fries Lettuce/Tomato/Pickle</p>
<p>9</p> <p>Sausage Twins or Sweet Potato Cinnamon Roll</p> <hr/> <p>Popcorn Chicken w/Dipping sauces Mashed Potatoes Steamed Broccoli/Cheese, Cookie</p>	<p>10</p> <p>French Toast Sticks or Granola Bar</p> <hr/> <p>Fish Mac'n Cheese, Coleslaw, Hushpuppies</p>	<p>11</p> <p>Pig 'n Jacket or or Breakfast Bun</p> <hr/> <p>Oven Roasted Chicken Glazed Carrots Green Beans, WG Roll</p>	<p>12</p> <p>Mini Waffles or Blueberry Nutri Grain Bars</p> <hr/> <p>Chili with Cheese Baked Potato, WK Corn Cornbread</p>	<p>13</p> <p>Chicken Biscuit or Mini Apple Breakfast Bites</p> <hr/> <p>BBQ Sliders, Baked Beans, Potato Tots Pickle Spears</p>
<p>16</p> <p>Steak Biscuit or Honey Bun</p> <hr/> <p>Cheese or Pepperoni Pizza, Green Beans, WK Corn, Vanilla Pudding</p>	<p>17</p> <p>Pillsbury Apple Frudel or Blueberry Nutri Grain Bars</p> <hr/> <p>Spaghetti Bake Glazed Carrots Roasted Broccoli, Garlic Toast</p>	<p>18</p> <p>Grilled Cheese or Goody Ring Donut</p> <hr/> <p>Chicken Alfredo Sweet Peas, Corn on Cob WG Roll, Apple Crunch</p>	<p>19</p> <p>Chocolate Chip Muffin or Blueberry Poptarts</p> <hr/> <p>Steak Nuggets Creamy Potatoes, Black-eye Peas Turnip Greens, Roll</p>	<p>20</p> <p>Sausage Biscuit or Mini Doughnuts</p> <hr/> <p>Chili Cheese Hot Dog Coleslaw Curly Fries</p>
<p>23</p> <p>Chicken Biscuit or Sweet Potato Cinnamon Roll</p> <hr/> <p>Country Fried Steak/Gravy Mashed Potatoes Turnip Greens, Roll</p>	<p>24</p> <p>Pig 'n Jacket or Granola Bar</p> <hr/> <p>Popcorn Shrimp Mac'n Cheese Steamed Broccoli/Cheese, Cookie</p>	<p>25</p> <p>French Toast Sticks or Breakfast Bun</p> <hr/> <p>Turkey w/Gravy, Rice, Black-eyed Peas, Glazed Carrots, Cornbread</p>	<p>26</p> <p>Sausage Twins or Mini Apple Breakfast Bites</p> <hr/> <p>Cheeseburger Mac Green Beans, WK Corn Garlic Toast</p>	<p>27</p> <p>Mini Waffles or Granola Bar</p> <hr/> <p>Crispy Chicken Sandwich Carrot Salad, Potato Wedges Lettuce/Tomato/Pickle</p>
<p>30</p> <p>Sausage Biscuit or Goody Ring</p> <hr/> <p>Chicken Tenders Creamy Potatoes Turnips, Cornbread</p>	<p>31</p> <p>Chocolate Chip Muffin or Blueberry Poptarts</p> <hr/> <p>Tatortot Casserole Sweet Peas Glazed Carrots, WG Roll</p>	<p><b>A choice of MILK and a variety of fresh FRUITS served daily.</b></p>		

Offer varies by site

**The 5 Meal Components for School Lunch**

<p><b>1</b> Meat or Meat Alternate</p> 	<p><b>2</b> Grain</p> 	<p><b>3</b> Fruit</p> 	<p><b>4</b> Vegetable</p> 	<p><b>5</b> 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.