

FEBRUARY

PCS High School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Apple Cinnamon Texas Toast</p> <p>Choose One: Cheese Sticks & Toasted Ravioli Boat Boneless Buffalo Chicken w/ Biscuit Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup Baked Beans & Fresh Veggie Dippers</p>	<p>4 Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Chicken Souvlaki Sandwich Hamburger OR Cheeseburger Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Seasoned Curly Fries Romaine Side Salad</p>	<p>5 Mini Maple Pancakes</p> <p>Choose One: Chicken Tenders & Roll Spicy Hawaiian Pork Sliders on Hawaiian Rolls w/ Coleslaw Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Sweet Potato Fries Sliced Cucumbers</p>	<p>6 Chicken Waffle Sandwich</p> <p>Choose One: Featured Item: General Tso Chicken over Rice Mini Cheese Calzones Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup & Sweet Green Peas</p>	<p>7 Cheese Omelet w/Bacon & Toast</p> <p>Choose One: Teriyaki Beef Dippers w/ Rice & Roll Fish Sticks o' the Sea w/ a Roll or Taco Shells Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Steamed Broccoli Florets Fresh Baby Carrots w/ Dip</p>
<p>10 Pancake Pup</p> <p>Choose One: Loaded BBQ Pork & Cheese Nachos Chicken & Broccoli Penne Alfredo w/ Roll Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>11 Bacon, Egg & Cheese Pizza</p> <p>Choose One: Tailgate Basket w/ Tater Tots Max Cheese Sticks Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup * Green Beans Romaine Side Salad</p>	<p>12 Biscuit & Sausage Gravy</p> <p>Choose One: Chicken Nuggets w/ Roll Corn Dog w/ Onion Rings Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Corn Niblets Sliced Cucumbers</p>	<p>13 Egg, Ham & Cheese Sandwich</p> <p>Choose One: Featured Item: Firecracker Chicken w/Rice & Noodles Pizzaboli Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup Crispy Fries</p>	<p>14 French Toast & Chicken Bites</p> <p>Choose One: Cheese Quesadillas w/Fiesta Rice Breaded Chicken Sandwich Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Salsa Cup Steamed Broccoli Florets Fresh Baby Carrots w/ Dip</p>
<p>17</p> <p>Presidents' Day No School For Students</p>	<p>18 Scones—3 Flavors!</p> <p>Choose One: Beef or Pork Tacos Cheesy Bread Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup Refried Fiesta Beans Romaine Side Salad</p>	<p>19 Mini Eggo Confetti Pancakes</p> <p>Choose One: Designer Burger: East Lake Eagles Mini Burgers w/Pickles & Fries Chicken Drumstick w/ Mac & Cheese & Roll Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Crispy Fries * Cucumbers</p>	<p>20 Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Featured Item: Chicken & Waffle Meat Lovers Stromboli Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Green Beans Marinara Cup</p>	<p>21 Breakfast Skillet w/Toast</p> <p>Choose One: Honey Siracha Wing Basket w/ Crispy Fries & Breadstick Cheese Pizza Crunchers Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Corn Niblets Fresh Baby Carrots w/ Dip</p>
	<p>24 Apple Cinnamon Texas Toast</p> <p>Choose One: Cheese Sticks & Toasted Ravioli Boat Boneless Buffalo Chicken w/ Biscuit Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup Baked Beans & Fresh Veggie Dippers</p>	<p>25 Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Chicken Souvlaki Sandwich Hamburger OR Cheeseburger Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Seasoned Curly Fries Romaine Side Salad</p>	<p>26 Mini Maple Pancakes</p> <p>Choose One: Chicken Tenders & Roll Spicy Hawaiian Pork Sliders on Hawaiian Rolls w/ Coleslaw Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Sweet Potato Fries Sliced Cucumbers</p>	<p>27 Chicken Waffle Sandwich</p> <p>Choose One: Featured Item: Rotini with Meat Sauce & Garlic Roll Mini Cheese Calzones Assorted Entrée Salads and Cold Sandwiches Offered Daily</p> <p>Choose: Marinara Cup & Sweet Green Peas</p>

DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.
Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

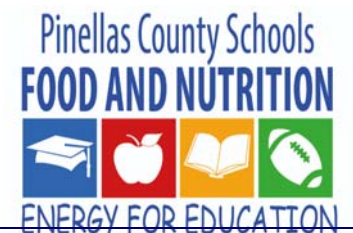


Kind

Visit nutrilslice.com for Menu & Nutrition Information, & to download the app on your mobile device!



Fresh from Florida celery is rich in vitamins A, K & C, plus minerals such as potassium & folate.



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