

NOVEMBER

PCS High School Lunch Menu

Monday Tuesday Wednesday Thursday Friday


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

Harvest of the Month:
YELLOW SQUASH!
Nutritional power-packed veggie!



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

There is always something to be thankful for!



1 French Toast & Chicken Bites
Choose One:
 Asian Beef & Broccoli Lo Mein w/ Chow Mein Noodles
 Breaded Chicken Sandwich
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose: Broccoli Florets
Fresh Carrots & Harvest of the Month Yellow Squash!

4 Egg & Cheese Croissant
Choose One:
 Chicken & Waffle
 Philly Cheesesteak or Pizza Steak & Cheese Sub
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Spinach or Collard Green
Fresh Veggie Dippers w/ Harvest

5 Mini Confetti Pancakes
Choose One:
 Beef or Pork Tacos
 Corn Dog w/ Onion Rings
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Refried Fiesta Beans
 Romaine Side Salad

6 Scones
Choose One:
 Chicken Drumstick w/ Mac & Cheese
Designer Burger: Countryside HS Nacho Burger; it's MINE!
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Crispy Fries * Sliced Cucumbers

7 Sausage Patty w/ Biscuit or Grits
Choose One:
Featured Item: General Tso's Chicken w/ Rice & Roll
 Meat Lovers Stromboli
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Marinara Cup * Green Beans

8 Breakfast Skillet
Choose One:
 Chicken Tenders & Pretzel Rod
 Cheese Pizza Crunchers
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Mashed Potatoes w/ Gravy
Fresh Carrots & Harvest of the Month Yellow Squash!

11 Maple Pancake Minis
Choose One:
 Cheese Sticks & Toasted Ravioli Boat
 Boneless Buffalo Chicken w/ Biscuit
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose: Country Baked Beans
 Marinara Cup * **Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!**

12 Chicken Waffle Sandwich
Choose One:
 Chicken & Broccoli Penne Alfredo w/ Roll
 Cheeseburger or Hamburger
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Seasoned Curly Fries
 Romaine Side Salad

13 Egg, Ham & Cheese Sandwich
Choose One:
 Chicken Nuggets & Roll
 Spicy Hawaiian Pork Sliders w/ Coleslaw
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Battered Sweet Potato Fries
 Sliced Cucumbers

14 Apple Cinnamon Texas Toast
Choose One:
Featured Item: Chili Cheese Dog Fry Basket
 Mini Cheese Calzones
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Marinara Cup
 Sweet Peas

15 Cheese Omelet w/ Toast
Choose One:
 Teriyaki Beef Dippers w/ Rice & Roll
 Fish Sticks o' the Sea & w/ a Roll OR Cheesy Fish Filet Sandwich
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose: Broccoli Florets
Fresh Carrots & Harvest of the Month Yellow Squash!

18 Pancake Pup
Choose One:
 Loaded BBQ Pork & Cheese Nachos
 Chicken Souvlaki Sandwich
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Santa Fe Black Beans
Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!

19 Bacon, Egg & Cheese Pizza
Choose One:
 Tailgate Basket
 Max Cheese Sticks
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Marinara Cup
 Tater Tots
 Romaine Side Salad

20 Glazed Dunker
Choose One:
 Honey Sriracha Wing Basket (w/ Crispy Fries & Breadstick)
 Cheesy Bread
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Marinara Cup * Green Beans
 Sliced Cucumbers

21 Scrambled Egg, Bacon & Biscuit
Choose One:
Thanksgiving Meal turkey & all the fixin's
 Bean & Cheese Burrito w/ Fiesta Rice
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Salsa Cup * Corn Niblets
Gobbler Cookie w/ every full meal

22 French Toast & Chicken Bites
Choose One:
 Asian Beef & Broccoli Lo Mein w/ Chow Mein Noodles
 Breaded Chicken Sandwich
Assorted Entrée Salads and Cold Sandwiches Offered Daily
Choose:
 Steamed Broccoli Florets
Fresh Carrots & Harvest of the Month Yellow Squash!

THANKSGIVING BREAK



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