PCS High School Lunch Menu

Thursday

Fridav

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

Due - - - I' El - - - +

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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. Sk DA M F choo of fr May Ava M Sand table

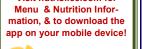
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May choose 1: Milk					Choose: Broccoli Florets
Skim, Low Fat White, or				**	Fresh Carrots & Harvest of the
Fat Free Chocolate.					Month Yellow Squash!
DAILY LUNCH CHOICES: Choose 1: Entrée.	4 Eag & Cheese Croissant	5 Mini Confetti Pancakes	6 Scones		Dupplyfact Chillet
Must choose at least 1:				7 Sausage Patty w/ Biscuit or Grits	8 Breakfast Skillet
Fruit or Vegetable (may	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>
choose up to 2 servings each of fruits & veggies with their	Chicken & Waffle	Beef or Pork Tacos	Chicken Drumstick w/ Mac & Cheese	Featured Item:	Chicken Tenders & Pretzel Rod
lunch meal)	Philly Cheesesteak or	Corn Dog w/ Onion Rings		General Tso's Chicken	Cheese Pizza Crunchers
May Choose: 1 Milk; Skim,	Pizza Steak & Cheese Sub	Assorted Entrée Salads and Cold	Designer Burger.	w/ Rice & Roll	Assorted Entrée Salads and Cold
Low Fat White, or	Assorted Entrée Salads and Cold	Sandwiches Offered Daily	Countryside HS	Meat Lovers Stromboli	Sandwiches Offered Daily
Fat Free Chocolate.	Sandwiches Offered Daily		Nacho Burger; <i>it's MINE!</i>		Choose:
Available for lunch daily: Meat or Meatless Entrée,	<u>Choose:</u>	<u>Choose:</u>	Assorted Entrée Salads and Cold Sandwiches Offered Daily	Assorted Entrée Salads and Cold Sandwiches Offered Daily	Mashed Potatoes w/ Gravy
Entrée Salads, Cold Sandwiches, Hot & Cold Vege-	Spinach or Collard Green	Refried Fiesta Beans	Choose:	Choose:	Fresh Carrots & Harvest of the
table choices, Variety of Fruits	Fresh Veggie Dippers w/ Harvest	Romaine Side Salad	Crispy Fries * Sliced Cucumbers	Marinara Cup * Green Beans	Month Yellow Squash!
(fresh or cupped)			.,	·	
& Juices	11 Maple Pancake Minis	12 Chicken Waffle Sandwich	13 Egg, Ham & Cheese Sandwich	14 Apple Cinnamon Texas Toast	15 Cheese Omelet w/ Toast
	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>
Harvest of the	Cheese Sticks &	Chicken & Broccoli Penne Alfredo	Chicken Nuggets & Roll	Featured Item:	Teriyaki Beef Dippers
	Toasted Ravioli Boat	w/ Roll	Spicy Hawaiian Pork Sliders	Chili Cheese Dog Fry Basket	w/ Rice & Roll
Month:	Boneless Buffalo Chicken w/ Biscuit	Cheeseburger or Hamburger	w/ Coleslaw	Mini Cheese Calzones	Fish Sticks o' the Sea &w/ a Roll
	Assorted Entrée Salads and Cold	Assorted Entrée Salads and Cold	Assorted Entrée Salads and Cold	Assorted Entrée Salads and Cold	OR Cheesy Fish Filet Sandwich
YELLOW	Sandwiches Offered Daily	Sandwiches Offered Daily	Sandwiches Offered Daily	Sandwiches Offered Daily	Assorted Entrée Salads and Cold Sandwiches Offered Daily
	<u>Choose:</u> Country Baked Beans	<u>Choose</u> :	<u>Choose:</u>	Choose:	Choose: Broccoli Florets
SQUASH!	Marinara Cup * Fresh Veggie Dip-	Seasoned Curly Fries	Battered Sweet Potato Fries	Marinara Cup	Fresh Carrots & Harvest of the
	pers w/ Harvest of the Month Yellow Squash!	Romaine Side Salad	Sliced Cucumbers	Sweet Peas	Month Yellow Squash!
Nutritional	renow oquasii.				
power-packed	18 Pancake Pup	19 Bacon, Egg & Cheese Pizza	20 Glazed Dunker	21 Scrambled Egg, Bacon & Biscuit	22 French Toast & Chicken Bites
veggie!	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>
	Loaded BBQ Pork	Tailgate Basket	Honey Sriracha Wing Basket	Thanksgiving Meal	Asian Beef & Broccoli Lo Mein
	& Cheese Nachos	Max Cheese Sticks	(w/ Crispy Fries & Breadstick)	turkey & all the fixin's	w/ Chow Mein Noodles
	Chicken Souvlaki Sandwich	Assorted Entrée Salads and Cold	Cheesy Bread	Bean & Cheese Burrito w/ Fiesta Rice	Breaded Chicken Sandwich
	Assorted Entrée Salads and Cold	Sandwiches Offered Daily	Assorted Entrée Salads and Cold	Assorted Entrée Salads and Cold	Assorted Entrée Salads and Cold
	Sandwiches Offered Daily		Sandwiches Offered Daily	Sandwiches Offered Daily	Sandwiches Offered Daily
150 247 AV	<u>Choose:</u>	<u>Choose:</u>	Choose:	Choose:	<u>Choose</u> :
	Santa Fe Black Beans	Marinara Cup	Marinara Cup * Green Beans	Salsa Cup * Corn Niblets	Steamed Broccoli Florets
	Fresh Veggie Dippers w/ Harvest	Tater Tots	· ·	· ·	Fresh Carrots & Harvest of the
	of the Month Yellow Squash!	Romaine Side Salad	Sliced Cucumbers	Gobbler Cookie w/ every full meal	Month Yellow Squash!
Visit nutrislice.com for					
Menu & Nutrition Infor-					

Wednesday

Tuesday

There is always something to be thankful for!





WHANKSGIVING BREAK



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