

# OCTOBER

# PCS Elementary Lunch Menu

**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

Join us!  
**Celebrate**  
  
NATIONAL FARM to SCHOOL MONTH!  
[farmtoschool.org](http://farmtoschool.org)

Visit [nutrilslice.com](http://nutrilslice.com) for Menu & Nutrition Information, & to download the app on your mobile device!



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>National School Lunch Week!</b> <b>October 14 =&gt; 18</b></p> 	<p><b>1</b> Chicken Waffle Sandwich <b>Choose One:</b> Beef or Pork Tacos Cheese Pizza Crunchers Chicken Caesar Salad Jamwich Kit <b>Choose:</b> Refried Fiesta Beans Romaine Side Salad</p>	<p><b>2</b> Egg, Ham &amp; Cheese Sandwich <b>Choose One:</b> Mandarin Orange Chicken Bowl Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant <b>Choose:</b> Steamed Broccoli Florets Sliced Cucumbers</p>	<p><b>3</b> Apple Cinnamon Texas Toast <b>Student Choice Menu</b> <b>Students choose the hot entrees!</b> <b>Veg choice: Emoticon Potatoes</b>  Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i></p>	<p><b>4</b> Cheese Omelet w/ Toast <b>Choose One:</b> Pizza Variety Chicken &amp; Waffle Chef Salad Turkey&amp;Cheese Hoagie/Sandwich <b>Choose:</b> Mixed Vegetables Fresh Veggie Dippers</p>
<p><b>7</b> Pancake Pup <b>Choose One:</b> Chicken Tender Basket w/ Crispy Fries &amp; Roll Max Cheese Sticks Fruit &amp; Yogurt Plate Deli Meat &amp; Cheese Sandwich <b>Choose:</b> Marinara Cup Green Beans * Veggie Dippers</p>	<p><b>8</b> Bacon, Egg &amp; Cheese Pizza <b>Choose One:</b> Teriyaki Beef Dippers w/ Rice &amp; Chow Mein Noodles Grilled Cheese Chicken Caesar Salad Jamwich Kit <b>Choose:</b> Tomato Soup Romaine Side Salad</p>	<p><b>9</b> Glazed Dunker <b>Choose One:</b> Chicken Fajita Cheez-It Bowl Pasta &amp; Meatsauce Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant <b>Choose:</b> Spinach or Collard Greens Sliced Cucumbers</p>	<p><b>10</b> Scrambled Egg, Bacon &amp; Biscuit <b>Choose One:</b> <b>Featured Item:</b> <b>Chicken Nuggets w/ Pretzel Rod</b> Corn Dog or Hot Dog Apple-a-Day Salad Chicken Caesar Wrap <b>Choose:</b> Baked Beans * Mixed Side Salad</p>	<p><b>11</b> French Toast &amp; Chicken Bites <b>Choose One:</b> Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey&amp;Cheese Hoagie/Sandwich <b>Choose:</b> Green Peas Veggie Dippers</p>
<p><b>14 NO SCHOOL FOR STUDENTS!</b></p> 	<p><b>15</b> Mini Confetti Pancakes <b>Choose One:</b> <i>Surfin' USA</i> Breakfast for Lunch <i>Havana</i> Cheesy Bread Chicken Caesar Salad <i>Shake it Off</i> Jamwich Kit <b>Choose a Rockin' Side Veg:</b> Deli Roasted Potatoes Marinara Cup * Romaine Side Salad</p>	<p><b>16</b> Scones <b>Choose One:</b> Asian Beef &amp; Broccoli Lo Mein Chicken Drumstick w/ Hush Puppy <i>All Shook Up</i> Yogurt &amp; Fruit Parfait <i>Happy</i> Ham &amp; Cheese Croissant <b>Choose a Rockin' Side Veg:</b> Sliced Cucumbers Steamed Broccoli Florets</p>	<p><b>17</b> Sausage Patty w/ Biscuit or Grits <b>Choose One:</b> <b>Featured Item:</b> <b>Mamma Mia! Pizzaboli</b> <i>Beat-Boppin'</i> Chicken Sandwich <i>Let It Go</i> Apple-a-Day Salad Chicken Caesar Wrap <b>Choose:</b> Marinara Cup * Sweet Potato Fries * Mixed Side Salad</p>	<p><b>18</b> Breakfast Skillet <b>Choose One:</b> <i>Call Me Maybe</i> Pizza Variety <i>Try Everything</i> Cheesy Fish Filet <i>Best Day of My Life</i> Chef Salad Turkey&amp;Cheese Hoagie/Sandwich <b>Choose a Rockin' Side Veg:</b> Corn Niblets Fresh Veggie Dippers</p>
<p><b>21</b> Maple Pancake Minis <b>Choose One:</b> Cheeseburger or Hamburger Cheese Sticks &amp; Toasted Ravioli Boat Fruit &amp; Yogurt Plate Deli Meat &amp; Cheese Sandwich <b>Choose:</b> Marinara Cup Tator Tot * Fresh Veggie Dippers</p>	<p><b>22</b> Chicken Waffle Sandwich <b>Choose One:</b> Beef or Pork Tacos Cheese Pizza Crunchers Chicken Caesar Salad Jamwich Kit <b>Choose:</b> Refried Fiesta Beans Romaine Side Salad</p>	<p><b>23</b> Egg, Ham &amp; Cheese Sandwich <b>Choose One:</b> Mandarin Orange Chicken Bowl Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant <b>Choose:</b> Steamed Broccoli Florets Sliced Cucumbers</p>	<p><b>24</b> Apple Cinnamon Texas Toast <b>Student Choice Menu</b> <b>Students choose the hot entrees &amp; vegetable options!</b>  Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i></p>	<p><b>25</b> Cheese Omelet w/ Toast <b>Choose One:</b> Pizza Variety Chicken &amp; Waffle Chef Salad Turkey&amp;Cheese Hoagie/Sandwich <b>Choose:</b> Mixed Vegetables Fresh Veggie Dippers</p>
<p><b>28</b> Pancake Pup <b>Choose One:</b> Chicken Tender Basket w/ <i>Crispy Fries &amp; Roll</i> Max Cheese Sticks Fruit &amp; Yogurt Plate Deli Meat &amp; Cheese Sandwich <b>Choose:</b> Marinara Cup Green Beans Fresh Veggie Dippers</p>	<p><b>29</b> Bacon, Egg &amp; Cheese Pizza <b>Choose One:</b> Teriyaki Beef Dippers w/ Rice &amp; Chow Mein Noodles Grilled Cheese Chicken Caesar Salad Jamwich Kit <b>Choose:</b> Tomato Soup Romaine Side Salad <b>Harvest of the Month</b> <b>Fresh from FL Satsumas! today</b></p>	<p><b>30</b> Glazed Dunker <b>Choose One:</b> Chicken Fajita Cheez-It Bowl Pasta &amp; Meatsauce Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant <b>Choose:</b> Spinach or Collard Greens Sliced Cucumbers</p>	<p><b>31</b> Scrambled Egg, Bacon &amp; Biscuit <b>Choose One:</b> <b>Featured Item:</b> <b>Bat Nuggets w/ Pretzel Rod</b> <b>Farm to School Cookie w/ every meal!</b> Corn Dog or Hot Dog Apple-a-Day Salad Chicken Caesar Wrap <b>Choose:</b> Baked Beans * Mixed Side Salad</p>	