

# MARCH

# PCS Middle School Lunch Menu

NSBW  
March 2-6



**SCHOOL BREAKFAST OUT OF THIS WORLD!**

**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.

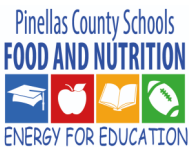
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)

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



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pancake Pup</p> <p><b>Choose One:</b> Mandarin Chicken w/ Rice &amp; Chow Mein Noodles Cheese Pizza Crunchers Yogurt &amp; Fruit Parfait Deli Meat &amp; Cheese Sandwich</p> <p><b>Choose:</b> Green Beans Fresh Veggie Dippers</p>	<p>3 Bacon, Egg &amp; Cheese Pizza <i>National</i></p> <p><b>Choose One:</b> Designer Burger: Clearwater Intermediate Panther Pride Taco Burger Cheese Sticks &amp; Toasted Ravioli Boat Chicken Caesar Salad Turkey Club Wrap</p> <p><b>Choose:</b> Marinara Cup * Curly Fries Romaine Side Salad</p>	<p>4 Biscuit &amp; Sausage Gravy <i>School Breakfast</i></p> <p><b>Choose One:</b> Cheese Quesadillas Pasta &amp; Meat Sauce or Meatballs, OR Ravioli &amp; Breadstick Chef Salad Deli Carver Combo Sandwich</p> <p><b>Choose:</b> Salsa Cup * Sliced Cucumbers * Spinach OR Collards</p>	<p>5 Egg, Ham &amp; Cheese Sandwich <i>Week</i></p> <p><b>Choose One:</b> Featured Item: Meatloaf w/ Mashed Potatoes, Gravy &amp; Biscuit Pizzaboli Greek OR Apple-a-Day Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Corn Niblets * Mixed Side Salad</p>	<p>6 French Toast &amp; Chicken Bites</p> <p><b>Choose One:</b> Chicken Tender Basket w/ Onion Rings Fish o' the Sea Sticks w/ Roll or Fish Tacos Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie/Sandwich</p> <p><b>Choose:</b> Country Baked Beans Fresh Veggie Dippers</p>
<p>9 Egg &amp; Cheese Croissant</p> <p><b>Choose One:</b> Sweet Thai Chili Chicken w/ Rice &amp; Roll Mini Cheese Calzones Chef Salad Deli Meat &amp; Cheese Sandwich</p> <p><b>Choose:</b> Marinara Cup * Steamed Broccoli Fresh Veggie Dippers</p>	<p>10 Scones (3 flavors!)</p> <p><b>Choose One:</b> Breaded or Spicy Chicken Sandwich Loaded BBQ Pork &amp; Cheese Nachos Yogurt &amp; Fruit Parfait Turkey Club Wrap</p> <p><b>Choose:</b> Santa Fe Black Beans Romaine Side Salad</p>	<p>11 Mini Eggo Confetti Pancakes</p> <p><b>Choose One:</b> Tailgate Basket Cheesy Bread Chicken Caesar Salad Deli Carver Combo Sandwich</p> <p><b>Choose:</b> Marinara Cup Mixed Vegetables Sliced Cucumbers</p>	<p>12 Sausage Biscuit or Sausage &amp; Grits</p> <p><b>Choose One:</b> Featured Item: Rotini w/ Meatsauce &amp; Garlic Roll Grilled Cheese Greek OR Apple-a-Day Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Tomato Soup Mixed Side Salad</p>	<p>13 Breakfast Skillet w/ Toast</p> <p><b>Choose One:</b> Teriyaki Beef Dippers w/ Rice &amp; Roll Ocean Treasure Fish Nuggets w/ Roll Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie/Sandwich</p> <p><b>Choose:</b> Sweet Green Peas Fresh Veggie Dippers</p>
<p>16</p>	<p>17 ~~~ SPRING BREAK ~~~</p>			<p>20</p>
<p>23</p> <p><b>No School for Students</b></p>	<p>24 Scrambled Egg, Bacon &amp; Biscuit</p> <p><b>Choose One:</b> Beef or Pork Tacos Max Sticks Chicken Caesar Salad OR Taco Salad Turkey Club Wrap</p> <p><b>Choose:</b> Marinara Cup Refried Fiesta Beans Romaine Side Salad</p>	<p>25 Mini Maple Pancakes</p> <p><b>Choose One:</b> Chicken &amp; Waffle Meat Lovers Stromboli Apple a Day Salad Deli Carver Combo Sandwich</p> <p><b>Choose:</b> Marinara Cup Green Beans Sliced Cucumbers</p>	<p>26 Chicken Waffle Sandwich</p> <p><b>Student Choice Menu</b> Students choose the hot entrees &amp; vegetable options!</p> <p>Entrée Salad: Greek OR Chef Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed</p>	<p>27 Cheese Omelet w/ Toast</p> <p><b>Choose One:</b> Chicken Fajita Bowl Hamburger OR Cheeseburger Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie/Sandwich</p> <p><b>Choose:</b> Crispy Fries Fresh Veggie Dippers</p>
<p>30 Pancake Pup</p> <p><b>Choose One:</b> Mandarin Chicken w/ Rice &amp; Chow Mein Noodles Cheese Pizza Crunchers Yogurt &amp; Fruit Parfait Deli Meat &amp; Cheese Sandwich</p> <p><b>Choose:</b> Green Beans Fresh Veggie Dippers</p>	<p>31 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> Designer Burger: John Hopkins MS Trojan BBQ Burger Cheese Sticks &amp; Toasted Ravioli Boat Chicken Caesar Salad Turkey Club Wrap</p> <p><b>Choose:</b> Marinara Cup * Curly Fries Romaine Side Salad</p>		<p>While white is the most common color for Fresh from Florida Cauliflower, you'll also find this vitamin rich powerhouse in shades of purple, orange &amp; green!</p>	<p><b>Dr. Seuss' Birthday &amp; Read Across America! March 2nd</b></p> <p>Participating schools will be serving Green Eggs &amp; Ham</p>