

JANUARY

PCS Elementary Lunch Menu

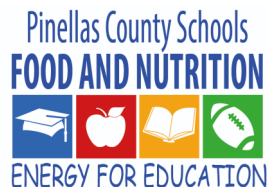



The small but mighty radish contains Vitamin C & Fiber!



No School
For
Students

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>No School For Students</p>	<p>7</p> <p>Scones <i>(NEW flavors!)</i></p> <p>Choose One: Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit</p> <p>Choose: Steamed Broccoli Florets Romaine Side Salad</p>	<p>1</p> <p>8</p> <p>Mini Eggo Confetti Pancakes</p> <p>Choose One: Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>Choose: Corn Niblets Sliced Cucumbers</p>	<p>2</p> <p>9</p> <p>Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Featured Item: <i>Breaded Chicken Sandwich</i> Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap</p> <p>Choose: Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad</p>	<p>3</p> <div style="border: 1px solid black; padding: 5px;"> <p>Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!</p>  </div> <p>10</p> <p>Breakfast Skillet w/ Toast</p> <p>Choose One: Pizza Variety Fish Sticks o' the Sea w/ a Roll OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich</p> <p>Choose: Green Beans Fresh Veggie Dippers</p>
<p>13</p> <p>Apple Cinnamon Texas Toast</p> <p>Choose One: Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich</p> <p>Choose: Tater Tots Fresh Veggie Dippers</p>	<p>14</p> <p>Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit</p> <p>Choose: Marinara Cup Refried Fiesta Beans Romaine Side Salad</p>	<p>15</p> <p>Mini Maple Pancakes</p> <p>Choose One: Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>Choose: Steamed Broccoli Florets Sliced Cucumbers</p>	<p>16</p> <p>Chicken Waffle Sandwich</p> <p>Choose One: Popcorn chicken/biscuit Chees pizza Curly fries</p> <p>Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i></p>	<p>17</p> <p>Cheese Omelet w/ Toast</p> <p>Choose One: Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich</p> <p>Choose: Mixed Vegetables Fresh Veggie Dippers</p>
<p>20</p> <p>Martin Luther King, Jr. Day</p> <p>No School For Students</p>	<p>21</p> <p>Bacon, Egg & Cheese Pizza</p> <p>Choose One: Breakfast for Lunch Pizzaboli Chicken Caesar Salad Jamwich Kit</p> <p>Choose: Deli Roaster Potatoes Marinara Cup * Romaine Side Salad</p>	<p>22</p> <p>Biscuit & Sausage Gravy <i>(NEW item!)</i></p> <p>Choose One: Pasta & Meat Sauce or Meatballs, OR Ravioli & Roll Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>Choose: Crispy Fries Sliced Cucumbers</p>	<p>23</p> <p>Egg, Ham & Cheese Sandwich</p> <p>Choose One: Featured Item: <i>Chicken Tender Basket (w/ fries & roll)</i> Grilled Cheese Apple A Day Salad Chicken Caesar Wrap</p> <p>Choose: Tomato Soup Mixed Side Salad</p>	<p>24</p> <p>French Toast & Chicken Bites</p> <p>Choose One: Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie/Sandwich</p> <p>Choose: Spinach or Collard Greens Fresh Veggie Dippers</p>
<p>27</p> <p>Egg & Cheese Croissant</p> <p>Choose One: Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Deli Meat & Cheese Sandwich</p> <p>Choose: Country Baked Beans Fresh Veggie Dippers</p>	<p>28</p> <p>Scones <i>(NEW flavors!)</i></p> <p>Choose One: Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit</p> <p>Choose: Steamed Broccoli Florets Romaine Side Salad</p>	<p>29</p> <p>Mini Eggo Confetti Pancakes</p> <p>Choose One: Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant</p> <p>Choose: Corn Niblets Sliced Cucumbers</p>	<p>30</p> <p>Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Featured Item: <i>3-Cheese Cavatappi Pasta & Garlic Breadstick</i> Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap</p> <p>Choose: Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad</p>	<p>31</p> <p>Breakfast Skillet w/ Toast</p> <p>Choose One: Pizza Variety Fish Sticks o' the Sea w/ a Roll OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich</p> <p>Choose: Green Beans Fresh Veggie Dippers</p>