NOVEMBER

PCS Elementary Lunch Menu

Thursday

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

Friday

15

Choose One:

Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad

Turkey & Cheese Hoagie/Sandwich

Choose: Green Peas

Fresh Veggie Dippers w/ Harvest of the Month Yellow

Egg & Cheese Croissant

Choose One:

Chicken Nuggets & Pretzel Rod Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich

Choose:

Country Baked Beans

Fresh Veggie Dippers w/ Harvest
of the Month Yellow Squash!

5 Mini Confetti Pancakes *Choose One:*

12

Breakfast for Lunch Cheesy Bread Chicken Caesar Salad Jamwich Kit

Choose:

Deli Roasted Potatoes Marinara cup * Romaine Side Salad Scones
Choose One:

Wednesday

Asian Beef & Broccoli Lo Mein Chicken Drumstick w/ Hush Puppy Yogurt & Fruit Parfait Ham & Cheese Croissant

Choose:

Sliced Cucumbers
Steamed Broccoli Florets

Choose One:

Featured Item: Beefy-Mac with Breadstick

> Chicken Sandwich Apple-a-Day Salad Chicken Caesar Wrap

Choose: Sweet Potato Fries Mixed Side Salad

14 Apple Cinnamon Texas Toast

Breakfast Skillet Choose One:

Pizza Variety

Fish Sticks o' the Sea w/ a Roll
Chef Salad

Turkey & Cheese Hoagie/Sandwich

Choose:

Corn Niblets

Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!

11 Maple Pancake Minis

Choose One:

Cheeseburger or Hamburger Cheese Sticks & Toasted Ravioli Boat Fruit & Yogurt Plate

Deli Meat & Cheese Sandwich

<u>Choose:</u> Marinara Cup * Tater Tots <u>Fresh Veggie Dippers w/ Harvest</u> of the Month Yellow Squash! Chicken Waffle Sandwich

Choose One:

Beef or Pork Tacos Cheese Pizza Crunchers Chicken Caesar Salad Jamwich Kit

Choose:

Refried Fiesta Beans Romaine Side Salad **13** Egg, Ham & Cheese Sandwich **Choose One:**

Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant

Choose:

Steamed Broccoli Sliced Cucumbers Ms. Crowley's class Mini Calzone Hamburger/Cheeseburger

Entrée Salad: Apple-a-Day Salad Sandwich: Chicken Caesar Wrap

Side Salad: *Mixed Curly Fries*

Choose One:

Cheese Omelet w/ Toast

Pizza Variety Chicken & Waffle Chef Salad

Turkey & Cheese Hoagie/Sandwich

Choose:

Mixed Vegetables

Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!

Pancake Pup

Choose One:

Chicken Tender Basket

w/ Crispy Fries & Roll

Max Cheese Sticks

Fruit & Yogurt Plate

Deli Meat & Cheese Sandwich

Choose:

Marinara Cup * Green Beans
Fresh Veggie Dippers w/ Harvest
of the Month Yellow Squash!

Choose One:

Bacon, Egg & Cheese Pizza

Teriyaki Beef Dippers w/ Rice & Chow Mein Noodles

Grilled Cheese Chicken Caesar Salad Jamwich Kit

Choose:

Tomato Soup Romaine Side Salad Glazed Dunker Choose One:

Chicken Fajita Bowl Pasta & Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant

Choose:

Spinach or Collard Greens
Sliced Cucumbers

21 Scrambled Egg, Bacon & Biscuit

Choose One:

Thanksgiving Meal turkey & all the fixin's Corn Dog or Hot Dog Apple A Day Salad Chicken Caesar Wrap

Choose:

Sweet Potatoes*Mixed Side Salad Gobbler Cookie w/ every full meal 22 French Toast & Chicken Bites

<u>Choose One:</u> Pizza Variety

Ocean Treasure Fish Nuggets

w/ Roll

Chef Salad

Turkey & Cheese Hoagie/Sandwich *Choose:*

Green Peas

Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!

WHANKS GIVING BREAK

