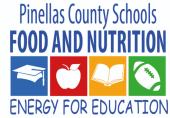
FEBRUARY PCS Elementary Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Apple Cinnamon Texas Toast	4 Scrambled Egg, Bacon & Biscuit	5 Mini Maple Pancakes	6 Chicken Waffle Sandwich	7 Cheese Omelet w/ Toast
DAILY BREAKFAST CHOICES Hot or cold breakfast choices are available daily, <i>i.e</i> : 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 & vegoriee with their	Choose One: Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich Choose: Tater Tots Fresh Veggie Dippers 10 Pancake Pup Chicken Tender Basket w/ Crispy Fries & Roll Max Cheese Sticks Fruit & Yogurt Plate Deli Meat & Cheese Sandwich	Choose One: Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit Choose: Marinara Cup Refried Fiesta Beans Romaine Side Salad 11 Bacon, Egg & Cheese Pizza Choose One: Breakfast for Lunch Pizzaboli Chicken Caesar Salad Jamwich Kit Choose:	Choose One: Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Steamed Broccoli Florets Sliced Cucumbers 12 Biscuit & Sausage Gravy Choose One: Pasta & Meat Sauce or Meatballs, OR Ravioli & Roll Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant	Mr. Strohofer Corn Dog Cheesy Bread Curly Fries Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i> 13 Egg, Ham & Cheese Sandwich <u>Choose One:</u> Featured Item: Loaded Beef & Cheese Nachos Grilled Cheese Apple A Day Salad Chicken Caesar Wrap	Choose One: Pizza Variety Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich Choose: Mixed Vegetables Fresh Veggie Dippers 14 French Toast & Chicken Bites Choose One: Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie/Sandwich
of fruits & veggies with their lunch meal) May Choose: 1 Milk; Skim, Low Fat White, or	<u>Choose:</u> Country Baked Beans Marinara Cup * Veggie Dippers	Deli Roasted Potatoes Marinara Cup * Romaine Side Salad	<u>Choose:</u> Crispy Fries Sliced Cucumbers	<u>Choose</u> : Tomato Soup Mixed Side Salad	<u>Choose</u> : Spinach or Collard Greens Fresh Veggie Dippers
Fat Free Chocolate. Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vege- table choices, Variety of Fruits (fresh or cupped) & Juices	17 Presidents' Day No School For Students	18 Scones (3 flavors!) <u>Choose One:</u> Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Steamed Broccoli Florets Marinara Cup Romaine Side Salad	19 Mini Eggo Confetti Pancakes <u>Choose One:</u> Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Corn Niblets * Sliced Cucumbers	20 Sausage Biscuit or Sausage & Grits <u>Choose One:</u> Featured Item: <u>Chicken Sandwich</u> Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap <u>Choose</u> : Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad	<u>Choose One:</u> Pizza Variety Fish Sticks o' the Sea <i>w/ a Roll</i> OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Green Beans* Fresh Veggie Dippers
kind	24 Apple Cinnamon Texas Toast <u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	25 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit <u>Choose</u> : Marinara Cup Refried Fiesta Beans Romaine Side Salad	26 Mini Maple Pancakes <u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	27 Chicken Waffle Sandwich Café Popcorn Chicken/Biscuit Cheesy Bread Curly Fries Entrée Salad: Apple-a-Day Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed	28 Cheese Omelet w/ Toast <u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Mixed Vegetables Fresh Veggie Dippers



Fresh from Florida celery is rich in vitamins A, K & C, plus minerals such as potassium & folate.





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