

DECEMBER PCS Middle School Lunch Menu

Monday Tuesday Wednesday Thursday Friday

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

<p>2 Egg & Cheese Croissant</p> <p>Choose One: Sweet Thai Chili Chicken w/ Rice & Roll Mini Cheese Calzones Chef Salad Ham & Cheese Sandwich Choose: Marinara Cup Broccoli Florets Fresh Veggie Dippers</p>	<p>3 Mini Confetti Pancakes</p> <p>Choose One: Breaded Chicken Sandwich Loaded BBQ Pork & Cheese Nachos Yogurt & Fruit Parfait Turkey Club Wrap Choose: Santa Fe Black Beans Romaine Side Salad</p>	<p>4 Scones</p> <p>Choose One: Tailgate Basket Cheese Pizza Crunchers Chicken Caesar Salad Deli Carver Combo Choose: Corn Niblets Sliced Cucumbers</p>	<p>5 Sausage Patty w/ Biscuit or Grits</p> <p>Choose One: Featured Item: Stuffed Shells w/ Garlic Breadstick Meat Lovers Stromboli Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Mixed Vegetables Marinara Cup Mixed Side Salad</p>	<p>6 Breakfast Skillet</p> <p>Choose One: Teriyaki Beef Dippers w/ Rice & Roll Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Hoagie Choose: Green Peas Fresh Veggie Dippers</p>
<p>9 Maple Pancake Minis</p> <p>Choose One: Chicken Fajita Bowl Cheeseburger or Hamburger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Crispy Fries Fresh Veggie Dippers</p>	<p>10 Chicken Waffle Sandwich</p> <p>Choose One: Beef or Pork Tacos Cheese Sticks & Toasted Ravioli Boat Turkey Club Wrap Chicken Caesar or Taco Salad Choose: Marinara Cup* Fiesta Beans Romaine Side Salad</p>	<p>11 Egg, Ham & Cheese Sandwich</p> <p>Choose One: Chicken & Waffle Cheesy Bread Chef Salad Deli Carver Combo Choose: Marinara Cup * Green Beans Sliced Cucumbers</p>	<p>12 Apple Cinnamon Texas Toast</p> <p>Student Choice Menu Students choose the hot entrees & vegetable options! Entrée Salad: Apple-a-Day Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed</p>	<p>13 Cheese Omelet w/ Toast</p> <p>Choose One: Asian Beef & Broccoli Lo Mein w/ Roll Chicken Nuggets & Roll Fruit & Yogurt Plate Turkey & Cheese Hoagie Choose: Steamed Broccoli Florets Fresh Veggie Dippers</p>
<p>16 Pancake Pup</p> <p>Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles Designer Burger: Oak Grove Knights Castle Burger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Sweet Potato Fries Fresh Veggie Dippers</p>	<p>17 Bacon, Egg & Cheese Pizza</p> <p>Choose One: Chicken Drumstick & Hush Puppies Max Sticks Turkey Club Wrap Chicken Caesar Salad Choose: Marinara Cup Mashed Potatoes & Gravy Romaine Side Salad</p>	<p>18 Glazed Dunker</p> <p>Choose One: Pasta & Meat Sauce w/ Breadstick Bean & Cheese Burrito Chef Salad Deli Carver Combo Choose: Salsa Cup Spinach or Collard Greens Sliced Cucumbers</p>	<p>19 Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Featured Item: Mini Quesadillas Grilled Cheese Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Tomato Soup* Salsa Cup Mixed Side Salad</p>	<p>20 French Toast & Chicken Bites</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Fish Sticks w/ a Roll or Tacos OR Cheesy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Hoagie Choose: Country Baked Beans Fresh Veggie Dippers</p>



WINTER BREAK



30 **31** **January 1, 2020** **2** **3**

HAPPY NEW YEAR

WINTER BREAK

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