

NOVEMBER

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

There is always something to be thankful for!



1 French Toast & Chicken Bites
Choose One:
 Chicken Tender Basket w/ Onion Rings
 Cheesy Fish Filet Sandwich
 Fruit & Yogurt Plate
 Turkey & Cheese Wrap
Choose: Country Baked Beans
Veggie Dippers w/ Harvest of the Month Yellow Squash!

<p>4 Egg & Cheese Croissant 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 w/ Harvest of the Month</p>	<p>5 Mini Confetti Pancakes 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>6 Scones Choose One: Tailgate Basket Cheese Pizza Crunchers Chicken Caesar Salad Deli Carver Combo Choose: Corn Niblets Sliced Cucumbers</p>	<p>7 Sausage Patty w/ Biscuit or Grits Choose One: Featured Item: General Tso's Chicken w/ Rice & Roll Meat Lovers Stromboli Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Mixed Vegetables Marinara Cup * Mixed Side Salad</p>	<p>8 Breakfast Skillet Choose One: Teriyaki Beef Dippers w/ Rice & Roll Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Green Peas Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</p>
<p>11 Maple Pancake Minis Choose One: Chicken Fajita Bowl Cheeseburger or Hamburger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Crispy Fries Veggie Dippers w/ Harvest of the Month Yellow Squash!</p>	<p>12 Chicken Waffle Sandwich 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>13 Egg, Ham & Cheese Sandwich Choose One: Chicken & Waffle Cheesy Bread Chef Salad Deli Carver Combo Choose: Marinara Cup * Green Beans Sliced Cucumbers</p>	<p>14 Apple Cinnamon Texas Toast Student Choice Menu Students choose the hot entrees & hot vegetable options! Entrée Salad: Greek or Apple-a-Day Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed</p>	<p>15 Cheese Omelet w/ Toast Choose One: Asian Beef & Broccoli Lo Mein w/ Roll Chicken Nuggets & Roll Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Steamed Broccoli Florets Fresh Veggie Dippers w/ Harvest of the Month Yellow</p>
<p>18 Pancake Pup Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles Designer Burger: Azalea MS Knights Sauce Hot Burger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</p>	<p>19 Bacon, Egg & Cheese Pizza 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>20 Glazed Dunker Choose One: Pasta & Meatsauce w/ Breadstick Bean & Cheese Burrito Chef Salad Deli Carver Combo Choose: Salsa Cup Spinach or Collard Greens Sliced Cucumbers</p>	<p>21 Scrambled Egg, Bacon & Biscuit Choose One: Thanksgiving Meal Turkey & all the fixin's Grilled Cheese Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Sweet Potatoes * Mixed Side Salad Gobbler Cookie w/ every full meal</p>	<p>22 French Toast & Chicken Bites Choose One: Chicken Tender Basket w/ Onion Rings Cheesy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Baked Beans Fresh Veggie Dippers w/ Harvest of the Month Yellow Squash!</p>

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!



THANKSGIVING BREAK

