

JANUARY

PCS Elementary Lunch Menu

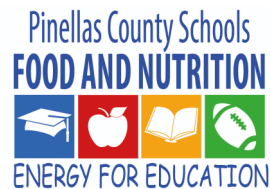


The small but mighty radish contains Vitamin C & Fiber!



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
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!




Choose One:
Scones (*NEW flavors!*)
Choose One:
Cheese Sticks & Toasted Ravioli Boat
Corn Dog OR Hot Dog
Chicken Caesar Salad
Jamwich Kit
Choose:
Steamed Broccoli Florets
Romaine Side Salad

Choose One:
Apple Cinnamon Texas Toast
Choose One:
Hamburger OR Cheeseburger
Chicken & Waffle
Fruit & Yogurt Plate
Deli Meat & Cheese Sandwich
Choose: Tater Tots
Fresh Veggie Dippers

Choose One:
Bacon, Egg & Cheese Pizza
Choose One:
Breakfast for Lunch
Pizzaboli
Chicken Caesar Salad
Jamwich Kit
Choose:
Deli Roaster Potatoes
Marinara Cup * Romaine Side Salad

Choose One:
Egg & Cheese Croissant
Choose One:
Chicken Sandwich
Loaded Beef & Cheese Nachos
Fruit & Yogurt Plate
Deli Meat & Cheese Sandwich
Choose:
Country Baked Beans
Fresh Veggie Dippers

Choose One:
Mini Eggo Confetti Pancakes
Choose One:
Popcorn Chicken w/
Mashed Potatoes & Gravy
Rotini w/ Meatsauce
Yogurt & Fruit Parfait
Ham & Cheese Croissant
Choose: Corn Niblets
Sliced Cucumbers

Choose One:
Mini Maple Pancakes
Choose One:
Mandarin Orange Chicken Bowl
Macaroni & Cheese
Yogurt & Fruit Parfait
Ham & Cheese Croissant
Choose:
Steamed Broccoli Florets
Sliced Cucumbers

Choose One:
Biscuit & Sausage Gravy (*NEW item!*)
Choose One:
Pasta & Meat Sauce or Meatballs,
OR Ravioli & Roll
Chicken Nuggets w/ Dip Cup
Yogurt & Fruit Parfait
Ham & Cheese Croissant
Choose: Crispy Fries
Sliced Cucumbers

Choose One:
Mini Eggo Confetti Pancakes
Choose One:
Popcorn Chicken w/
Mashed Potatoes & Gravy
Rotini w/ Meatsauce
Yogurt & Fruit Parfait
Ham & Cheese Croissant
Choose:
Corn Niblets
Sliced Cucumbers

Choose One:
Sausage Biscuit or Sausage & Grits
Choose One:
Featured Item:
Breaded Chicken Sandwich
Cheese Quesadillas
Apple-a-Day Salad
Chicken Caesar Wrap
Choose: Battered Sweet Potato Fries
Salsa Cup * Mixed Side Salad

Choose One:
Chicken Waffle Sandwich
Student Choice Menu
Students choose the hot entrees & vegetable options!
Entrée Salad: *Apple-a-Day Salad*
Sandwich: *Chicken Caesar Wrap*
Side Salad: *Mixed*

Choose One:
Egg, Ham & Cheese Sandwich
Choose One:
Featured Item:
Chicken Tender Basket (w/ fries & roll)
Grilled Cheese
Apple A Day Salad
Chicken Caesar Wrap
Choose: Tomato Soup
Mixed Side Salad

Choose One:
Sausage Biscuit or Sausage & Grits
Choose One:
Featured Item:
3-Cheese Cavatappi Pasta & Garlic Breadstick
Cheese Quesadillas
Apple-a-Day Salad
Chicken Caesar Wrap
Choose: Battered Sweet Potato Fries
Salsa Cup * Mixed Side Salad

Choose One:
Breakfast Skillet w/ Toast
Choose One:
Pizza Variety
Fish Sticks o' the Sea w/ a Roll OR
Soft Shell Fish Tacos
Chef Salad
Turkey & Cheese Hoagie/Sandwich
Choose: Green Beans
Fresh Veggie Dippers

Choose One:
Cheese Omelet w/ Toast
Choose One:
Pizza Variety
Teriyaki Beef Dippers w/ Rice & Roll
Chef Salad
Turkey & Cheese Hoagie/Sandwich
Choose:
Mixed Vegetables
Fresh Veggie Dippers

Choose One:
French Toast & Chicken Bites
Choose One:
Pizza Variety
Ocean Treasure Fish Nuggets
w/ Roll
Chef Salad
Turkey & Cheese Hoagie/Sandwich
Choose: Spinach or Collard Greens
Fresh Veggie Dippers

Choose One:
Breakfast Skillet w/ Toast
Choose One:
Pizza Variety
Fish Sticks o' the Sea w/ a Roll OR
Soft Shell Fish Tacos
Chef Salad
Turkey & Cheese Hoagie/Sandwich
Choose:
Green Beans
Fresh Veggie Dippers