

Pecos Independent Schools

September 2018



Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Holiday No School</p>	<p>4</p> <p>Breakfast: Cereal, Toast, Fruit & Milk</p> <p>Lunch: Frito Taco Salad, Pinto Beans, Salsa, Crackers, Fruit & Milk</p>	<p>5</p> <p>Breakfast: Breakfast Cake, Cereal, Fruit & Milk</p> <p>Lunch: Pepperoni Pizza, Tossed Salad, Fruit, Carrots, Cookie & Milk</p>	<p>6</p> <p>Breakfast: Fruit Muffin, Yogurt, Fruit & Milk</p> <p>Lunch: Bean & Cheese Burrito, Salsa, Cookie, Salad, Fruit & Milk</p>	<p>7</p> <p>Breakfast: Waffles w/ syrup, Fruit & Milk HS: Cereal</p> <p>Lunch: Chili Cheeseburger, Lettuce & Tomato, Fries, Fruit & Milk</p>
<p>10</p> <p>Breakfast: Sausage Biscuit, Fruit & Milk</p> <p>Lunch: Beefy Macaroni, Roll, Green Beans, Carrots, Fruit & Milk</p>	<p>11</p> <p>Breakfast: Yogurt, Graham Crackers, Fruit & Milk</p> <p>Lunch: Ham & Cheese Sandwich Romaine Lettuce & Tomato, Fruit & Milk MS/HS: WW Sugar Cookies</p>	<p>12</p> <p>Breakfast: Cinnamon Roll, Juice & Milk HS: Cereal</p> <p>Lunch: Papas Con Carne, Burrito w/ Red Chili, Muffin, Fruit & Milk</p>	<p>13</p> <p>Breakfast: Toast/Jelly, Cereal, Fruit & Milk</p> <p>Lunch: Barbeque Pork on a Bun, Red Bell Peppers, Potato Wedges, Fruit & Milk</p>	<p>14</p> <p>Breakfast: Egg & Cheese Burrito, Salsa, Juice & Milk</p> <p>Lunch: Chile Cheese Fries, Veggie Sticks, Roll, Fruit & Milk MS/HS: Graham Crackers</p>
<p>17</p> <p>Breakfast: Cereal, Buttered Toast, Juice & Milk</p> <p>Lunch: Frito Pie, Pinto Beans, Tossed Salad, Dressing, Crackers, Fruit & Milk</p>	<p>18</p> <p>Breakfast: Breakfast Bars, Yogurt, Fruit & Milk</p> <p>Lunch: Beef Tacos, Lettuce & Tomatoes, Salsa, Spanish Rice, Fruit & Milk</p>	<p>19</p> <p>Breakfast: Scrambled Eggs, Hash Browns, Roll, Orange & Milk</p> <p>Lunch: Spaghetti w/meat sauce, Breadstick, Green Beans, Fruit & Milk</p>	<p>20</p> <p>Breakfast: Elem. Toast & Jelly Peanut Butter & Jelly Sandwich, Juice & Milk</p> <p>Lunch: Ham & Cheese Sandwich, Potato Salad, Red Bell Peppers, Fruit & Milk</p>	<p>21</p> <p>Breakfast: French Toast w/syrup, Fruit & Milk HS: Cereal</p> <p>Lunch: Red Chili Enchiladas, Pinto Beans, Lettuce & Tomato, Tortilla, Fruit & Milk</p>
<p>24</p> <p>Breakfast: Toast & Jelly, Cereal, Fruit & Milk</p> <p>Lunch: Cheese Pizza, Romaine Lettuce Salad, Fruit, Crackers & Milk</p>	<p>25</p> <p>Breakfast: Cheese Quesadilla, Salsa, Fruit & Milk</p> <p>Lunch: Chicken Nuggets/Barbeque Sauce, Fries, Roll, Orange & Milk</p>	<p>26</p> <p>Breakfast: Cinnamon Toast, Cereal, Fruit & Milk</p> <p>Lunch: Chili Cheeseburger w/fixings, Fries, Cake, Apple & Milk</p>	<p>27</p> <p>Breakfast: Breakfast Pizza, Juice & Milk HS: Cereal</p> <p>Lunch: Corn Dogs, Mac-n- Cheese, Seasoned Green Beans, Fruit & Milk</p>	<p>28</p> <p>Breakfast: Pancake On Stick, Juice & Milk</p> <p>Lunch: Lemon Peppered Chicken, Potato Wedges, Roll, Fruit & Milk</p>

In accordance with federal law and U.S.D.A policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.



We serve milk daily for breakfast and lunch. Students may select low-fat 1% white milk or flavored nonfat milk.



Mid/High School
Salad Bar is offered daily. Students may select both the hot meal and salad bar.

Menus are subject to change based on product availability