

Pecos Independent Schools

Breakfast and Lunch Menu



NEW MEXICO GROWN WEEK – OCTOBER 1- 5 Menu items include locally grown items.

New Mexico Grown items offered October 1-5 are made possible through the New Mexico Public Education Department's New Mexico Grown Grant

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Breakfast: ELEM: Fruit Bar Peanut Butter & Jelly Sandwich, Fruit & Milk Lunch: Chicken & Cheese Fajita, Corn Chips, Salsa, Pinto Beans, Apple & Milk NM Grown: Fajita– bell peppers, onion, pinto beans, salsa– tomatoes and jalapeno, Gala apple</p>	<p>2</p> <p>Breakfast: Breakfast Pizza, Juice & Milk HS: Cereal Lunch: Pepperoni Pizza, Spinach Salad w/ Cucumber, Tomato, Radish, Peaches & Milk NM Grown: Spinach Salad– spinach, cucumber, tomato, radish, peaches</p>	<p>3</p> <p>Breakfast: Homemade Cinnamon Roll, Fruit & Milk HS: Cereal Lunch: Pork Roast, Mashed Potatoes, Gravy, Calabacitas, Plums & Milk NM Grown: Calabacitas– zucchini, onion, corn, jalapeño, plums</p>	<p>4</p> <p>Breakfast: Whole Wheat Toast w/ jam, cereal, fruit & Milk Lunch: Baked Cheese Sandwich, Vegetable Soup, Garden Salad, Cantaloupe & Milk NM Grown: Vegetable Soup– cabbage, celery, onion, carrots, zucchini, peaches</p>	<p>5</p> <p>Breakfast: Sausage Patty on WW bun, Fruit & Milk Lunch: Green Chile, Pinto Beans, Tortilla, Apple & Milk NM Grown: Green Chile, Pinto Beans, Golden Apples</p>
<p>8</p> <p>Breakfast: Waffles w/Syrup, Fruit & Milk MS/HS: Cereal Lunch: Nachos w/Beef and Cheese, Lettuce and Tomato, Pinto Beans, Cookie, Fruit & Milk</p>	<p>9</p> <p>Breakfast: Toast w/jelly, Cereal, Juice & Milk Lunch: Grilled Ham & Cheese on WW Bread, Celery & Carrot Sticks w/dressing, Tomato Soup, Crackers, Fruit & Milk</p>	<p>10</p> <p>Breakfast: W/W French toast w/syrup, Fruit & Milk MS/HS: Cereal Lunch: Chicken Patty w/gravy, Roasted Potato Wedges, Peas and Carrots, Roll, Fruit & Milk</p>		
<p>15</p> <p>Breakfast: Yogurt w/fruit, Granola Bar, Fruit & Milk MS/HS: Cereal Lunch: Frito Pie w/Ground Beef, Pinto Beans, Red Chili & Cheese, Romaine Lettuce & Tomato, Graham Crackers Fruit & Milk</p>	<p>16</p> <p>Breakfast: Bagel w/cream cheese, Juice & Milk HS: Cereal Lunch: Hot Turkey Sandwich, Mashed Potatoes w/Gravy, Green Beans, Fruit & Milk</p>	<p>17</p> <p>Breakfast: Breakfast Cake, Cereal, Fruit & Milk HS: Boiled Egg Lunch: Ravioli w/Meat Sauce, Mixed Veggies w/Red Bell Pepper, Garlic Bread, Fruit & Milk</p>	<p>18</p> <p style="text-align: center;"> No School</p>	<p>19</p> <p>Breakfast: Sausage Pancake on a Stick w/syrup, Fruit & Milk MS/HS: Cereal Lunch: Salisbury Steak w/Gravy, Steamed Rice, Peas, Wheat Roll, Fruit & Milk</p>
<p>22</p> <p>Breakfast: English Muffin w/Sausage, Fruit & Milk HS: Cereal Lunch: WG Spaghetti w/ Meat Sauce, Garlic Bread, Mixed Green Salad, Carrots, Fruit & Milk</p>	<p>23</p> <p>Breakfast: Oatmeal, Toast, Juice & Milk Lunch: Bean Burrito w/Meat Sauce, Mexicali Corn, Fruit & Milk MS/HS: WG Corn Chips</p>	<p>24</p> <p>Breakfast: Whole Grain Pancakes w/syrup, Fruit & Milk MS/HS: Cereal Lunch: Barbeque Chicken with WW Roll, Potato Salad, Baked Beans, Fruit & Milk</p>	<p>25</p> <p>Breakfast: Potato & Egg Burrito, Salsa, Fruit & Milk Lunch: Frito Taco Salad, Pinto Beans, Carrot Sticks, Muffin, Fruit & Milk</p>	<p>26</p> <p>Breakfast: Sweet Rice, Muffin, Toast, Juice & Milk Lunch: Green Chili Chicken Enchiladas, Lettuce, Tomato, Rice, Fruit & Milk MS/HS: Tortilla</p>
<p>29</p> <p>Breakfast: Ham & Egg Biscuit, Cereal, Fruit & Milk Lunch: Chicken & Broccoli Pasta, WW Roll, Mixed Veggies w/Red Pepper, Fruit & Milk</p>	<p>30</p> <p>Breakfast: Whole Grain Breakfast Pizza, Fruit & Milk MS/HS: Cereal Lunch: Hot Dog on a WG Bun, Baked Beans, Celery Sticks, Cucumbers, Brownie, Fruit & Milk</p>	<p>31</p> <p>Breakfast: Biscuit w/Sausage Gravy, Fruit & Milk Lunch: Chili Cheese Fries, Mixed Green Salad w/cucumber & Tomato, WW Roll, Fruit & Milk</p>	<div style="border: 2px solid green; padding: 5px; display: inline-block;"> <p>Menus are subject to change based on product availability</p> </div>	
				<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.</p>



Middle and High School Salad Bar is offered daily. Students may select both the hot meal and the salad bar. New Mexico Grown items in the salad bar Oct. 1-5: Lettuce, Carrots, Bell Peppers, Cucumber, Sprouts, Onion, Radish, Cherry/Grape Tomatoes