
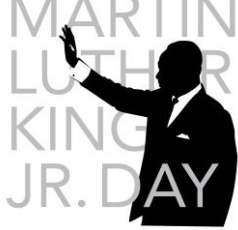


Pecos Independent Schools

Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2	3	4
Winter Break High School Classes Resume January 7, 2019 Elementary Classes Resume January 8, 2019				
7 HS Breakfast: Assorted cereal, toast, fruit & milk HS Lunch: Hot dog on a w/w bun, tater tots, celery sticks, cucumbers, fruit & milk ELEM Parent/Teacher Conferences	8 Breakfast: Whole grain waffles w/syrup, fruit & milk MS/HS: Cereal Lunch: Chicken nuggets w/bbq sauce, home fries, carrot sticks, w/w roll, fruit & milk	9 Breakfast: Breakfast pizza, juice & milk MS/HS: Cereal Lunch: Red chile enchiladas w/beef, pinto beans, lettuce & tomato, w/w tortilla, fruit & milk	10 Breakfast: Oatmeal w/raisins, w/w toast, fruit & milk Lunch: Ham & cheese sandwich on w/w roll, romaine lettuce, tomato, pickle spear, fruit & milk MS/HS: w/w cookie	11 Breakfast: Cinnamon roll, fruit & milk MS/HS: Cereal Lunch: Chili cheese fries, mixed green salad w/cucumber & tomato, w/w roll, fruit & milk
14 Breakfast: Elem: Toast w/jelly, fruit & milk MS/HS: Peanut butter and jelly sandwich, juice & milk Lunch: Salisbury steak w/gravy, steamed rice, peas, wheat roll, fruit & milk	15 Breakfast: WW tortilla, sausage, hash browns, fruit & milk Lunch: Chicken tenders, mashed potatoes, gravy, w/w roll, green beans, fruit & milk	16 Breakfast: Potato & egg burrito, salsa, fruit & milk Lunch: Frito pie w/ground beef, pinto beans, red chili, cheese, romaine lettuce & tomato, graham crackers, fruit & milk	17 Breakfast: Assorted cereal, toast, fruit & milk Lunch: Pepperoni pizza, tossed salad, carrots, cookie, fruit & milk	18 Breakfast: Sweet rice, muffin, fruit & milk Lunch: Bean & cheese burrito, salsa, mixed green salad, cookie, fruit & milk
21  No School	22 Breakfast: Breakfast cake, cereal, fruit & milk MS/HS: Boiled Egg Lunch: Grilled cheese sandwich, tomato soup, celery sticks, fruit & milk	23 Breakfast: Sausage pancake on a stick w/syrup, fruit & milk MS/HS: Cereal Lunch: Ravioli w/meat sauce, mixed veggies, red bell pepper, garlic bread, fruit & milk	24 Breakfast: English muffin w/egg and ham, fruit & milk MS/HS: Cereal Lunch: Chile cheese hot dog on a w/w bun, whole grain chips, carrot sticks, brownie, fruit & milk	25 Breakfast: Bagel w/cream cheese, juice & milk MS/HS: Cereal Lunch: Meat/Bean/cheese tostadas, salsa, lettuce, tomato, w/w corn chip, fruit & milk
28 Breakfast: Biscuit w/sausage gravy, fruit & milk Lunch: Chicken fajitas w/red & green bell pepper, rice, salsa, w/w chips, fruit & milk	29 Breakfast: Cinnamon toast, cereal, fruit & milk Lunch: Sloppy Joe, potato salad, mixed green salad w/cucumber & tomato, fruit & milk	30 Breakfast: Egg & cheese omelet, hash browns, w/w tortilla, fruit & milk Lunch: Nachos supreme w/beef, cheese, lettuce, tomato, pinto beans, cookie, fruit & milk	31 Breakfast: Cheese toast, hard boiled egg, apple sauce & milk Lunch: Turkey sandwich on w/w bread, w/lettuce, tomato, green and red bell pepper, sun chips, pickle spear, fruit & milk	

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



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



Menus are subject to change based on product availability

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.