





Pecos Independent Schools

Breakfast and Lunch Menu



FEBRUARY

2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We serve milk daily for breakfast and lunch. Students may select low-fat 1% white milk or flavored nonfat milk.</p> 		<p>Salad Bar is offered daily to Middle and High School. Students may select both the hot meal and the salad bar.</p> 		<p>1 Breakfast: Cheese quesadilla, salsa, juice & milk Lunch: Bean burrito w/red chile sauce, lettuce, tomato, salsa, mexicali corn, corn chips, fruit & milk</p>
<p>4 Breakfast: Nutrigrain bar, cheese stick, cereal, fruit & milk Lunch: BBQ pork sandwich, salad, carrot sticks, cucumber slices, fruit & milk</p>	<p>5 Breakfast: Scrambled eggs, hash browns, roll, fruit & milk Lunch: Corn dogs, mac-n-cheese, seasoned green beans, gold fish crackers, fruit & milk</p>	<p>6 Breakfast: Loaf apple crisp, juice & milk MS/HS: Cereal Lunch: Baked ham & cheese sandwich on w/w bread, vegetable soup, red bell pepper, crackers, fruit & milk</p>	<p>7 Breakfast: Yogurt with granola, fruit & milk MS/HS: Cereal Lunch: Green chili cheeseburger on w/w bun w/lettuce, tomato and pickle, fries, cake, fruit & milk</p>	<p>8 Breakfast: Sausage patty on w/w bun, fruit & milk Lunch: Baked chicken, mashed potatoes, w/w roll, broccoli and cheese, carrot sticks, cookie, fruit & milk</p>
<p>11 Breakfast: Trix bar, cereal, fruit & milk Lunch: Beefy macaroni, w/w roll, green beans, carrots, fruit & milk</p>	<p>12 Breakfast: Elem: Toast w/jelly, fruit and milk MS/HS: Peanut butter and jelly sandwich, juice & milk Lunch: Papas con carne burrito, red chile sauce, celery sticks, cookie, fruit & milk</p>	<p>13 Breakfast: Pancakes, syrup, fruit & milk Lunch: Meatball sub sandwich on w/w, marinara sauce, green bell pepper sticks, graham crackers, fruit & milk</p>	<p>14 Breakfast: Ham and cheese croissant sandwich, fruit & milk Lunch: Pork chop, mashed potatoes, gravy, peas and carrots, w/w roll, fruit & milk</p> 	<p>15 Banana bread, cereal, fruit & milk Lunch: Green chile chicken enchiladas, lettuce, tomato, tortilla, rice, fruit & milk</p>
<p>18  HOLIDAY NO SCHOOL</p>	<p>19 Breakfast: Assorted cereal, toast, fruit & milk Lunch: Hot dog on a w/w bun, tater tots, celery and carrot sticks, fruit & milk</p>	<p>20 Breakfast: Whole grain waffles w/syrup, fruit & milk MS/HS: Cereal Lunch: Chicken nuggets w/bbq sauce, sweet potato fries, cucumber, w/w roll, fruit & milk</p>	<p>21 Breakfast: Breakfast pizza, juice & milk MS/HS: Cereal Lunch: Ham & cheese sandwich on w/w, romaine lettuce, tomato, pickle spear, fruit & milk MS/HS: w/w cookie</p>	<p>22 Breakfast: Oatmeal w/raisins, w/w toast, fruit & milk Lunch: Frito pie w/ground beef, pinto beans, red chili, cheese, romaine lettuce & tomato, graham crackers, fruit & milk</p>
<p>25 Breakfast: Cinnamon roll, fruit & milk MS/HS: Cereal Lunch: Green chile cheese fries, mixed green salad w/cucumber & tomato, w/w roll, fruit & milk</p>	<p>26 Breakfast: Elem: Toast w/jelly, fruit & milk MS/HS: Peanut butter and jelly sandwich, juice & milk Lunch: Chicken patty on bun, macaroni salad, green beans, fruit & milk</p>	<p>27 Breakfast: WW tortilla, sausage, hash browns, fruit & milk Lunch: Salisbury steak w/gravy, steamed rice, peas, wheat roll, fruit & milk</p>	<p>28 Breakfast: Potato & egg burrito, salsa, fruit & milk Lunch: Taco w/beef, cheese, lettuce & tomato, pinto beans, salsa, w/w cookie, fruit & milk</p>	<p>Menus are subject to change based on product availability</p>

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