





# Pecos Independent Schools

## Breakfast and Lunch Menu



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><b>Menu is subject to change based on product availability</b></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><b>1</b> <b>Breakfast:</b> ELEM: Green eggs MS/HS: Scrambled eggs, ham, w/w toast, fruit &amp; milk <b>Lunch:</b> Cheese pizza, tossed salad, carrots, cookie, fruit &amp; milk</p>
<p><b>4</b> <b>Breakfast:</b> Sausage patty with cheese, w/w tortilla, fruit &amp; milk <b>Lunch:</b> Ravioli w/meat sauce, mixed veggies, red bell pepper, garlic bread, fruit &amp; milk</p>	<p><b>5</b> <b>Breakfast:</b> Cereal, toast, cheese stick, fruit &amp; milk <b>Lunch:</b> Meat and potato burrito, red chile, mixed green salad, cookie, fruit &amp; milk</p>	<p><b>6</b> <b>Breakfast:</b> Yogurt, granola bar, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Grilled cheese sandwich, tomato soup, celery sticks, fruit &amp; milk</p>	<p><b>7</b> <b>Breakfast:</b> English muffin w/egg and ham, fruit &amp; milk <b>Lunch:</b> Chile cheese hot dog on a w/w bun, whole grain chips, carrot sticks, brownie, fruit &amp; milk</p>	<p><b>8</b> <b>Breakfast:</b> Bagel w/cream cheese, juice &amp; milk MS/HS: Cereal <b>Lunch:</b> Bean and cheese tostadas, salsa, lettuce, tomato, w/w chips, fruit &amp; milk</p>
<p><b>11</b> Spring Break March 11–15</p>	<p><b>12</b> SPRING BREAK!</p>	<p><b>13</b> SPRING BREAK!</p>	<p><b>14</b> Classes Resume Monday, March 18, 2019</p>	<p><b>15</b></p>
<p><b>18</b> <b>Breakfast:</b> Biscuit w/cheese and sausage patty, fruit &amp; milk <b>Lunch:</b> Chicken fajitas w/red &amp; green bell pepper, Spanish rice, salsa, w/w chips, fruit &amp; milk</p>	<p><b>19</b> <b>Breakfast:</b> Assorted cereal, toast, fruit &amp; milk <b>Lunch:</b> Sloppy Joe, potato salad, mixed green salad w/cucumber &amp; tomato, fruit &amp; milk</p>	<p><b>20</b> <b>Breakfast:</b> Egg &amp; cheese omelet, hash browns, w/w tortilla, fruit &amp; milk <b>Lunch:</b> Nachos supreme w/beef, cheese, lettuce, tomato, pinto beans, cookie, fruit &amp; milk</p>	<p><b>21</b> <b>Breakfast:</b> Cinnamon roll, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Turkey and cheese sandwich on w/w roll, w/lettuce, tomato, green and red bell pepper, sun chips, pickle spear, fruit &amp; milk</p>	<p><b>22</b> </p>
<p><b>25</b> <b>Breakfast:</b> Nutrigrain bar, cheese stick, cereal, fruit &amp; milk <b>Lunch:</b> BBQ pork sandwich, macaroni salad, carrot sticks, corn on the cob, fruit &amp; milk</p>	<p><b>26</b> <b>Breakfast:</b> Scrambled eggs, hash browns, w/w toast, fruit &amp; milk <b>Lunch:</b> Corn dog, fries, seasoned green beans, Goldfish crackers, fruit &amp; milk</p>	<p><b>27</b> <b>Breakfast:</b> Loaf apple crisp, juice cereal &amp; milk MS/HS: Fruit <b>Lunch:</b> Salisbury steak w/gravy, mashed potatoes, green beans, wheat roll, fruit &amp; milk</p>	<p><b>28</b> <b>Breakfast:</b> Yogurt with granola, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Green chili cheeseburger on w/w bun w/lettuce, tomato, pickle, fries, cake, fruit &amp; milk</p>	<p><b>29</b> <b>Breakfast:</b> Sausage patty w/egg on w/w bun, fruit &amp; milk <b>Lunch:</b> Baked chicken, mashed potatoes, w/w roll, broccoli and cheese, carrot sticks, cookie, fruit &amp; milk</p>

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