




# Pecos Independent Schools

## Breakfast and Lunch Menu



2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Breakfast:</b> Trix bar, cereal, fruit &amp; milk</p> <p><b>Lunch:</b> Beefy macaroni, w/w roll, green beans, carrots, fruit &amp; milk</p>	<p><b>2</b></p> <p><b>Breakfast:</b> Sweet rice, w/w muffin, fruit &amp; milk</p> <p><b>Lunch:</b> Bean &amp; cheese burrito, salsa, mixed green salad, w/w cookie, fruit &amp; milk</p>	<p><b>3</b></p> <p><b>Breakfast:</b> Funfetti pancakes, syrup, fruit &amp; milk</p> <p><b>Lunch:</b> Meatball sub sandwich on w/w, marinara sauce, green bell pepper sticks, fruit &amp; milk</p>	<p><b>4</b></p> <p><b>Breakfast:</b> Ham and cheese breakfast sandwich, fruit &amp; milk</p> <p><b>Lunch:</b> Pork roast, mashed potatoes, gravy, peas and carrots, w/w roll, fruit &amp; milk</p>	<p><b>5</b></p> <p><b>Breakfast:</b> Assorted cereal, toast, fruit &amp; milk</p> <p><b>Lunch:</b> Cheese pizza, tossed salad, carrots, cucumber, fruit &amp; milk</p>
<p><b>8</b></p> <p><b>Breakfast:</b> Breakfast pizza, juice &amp; milk</p> <p>MS/HS: Cereal</p> <p><b>Lunch:</b> Red chile enchiladas w/beef, pinto beans, lettuce &amp; tomato, w/w tortilla, fruit &amp; milk</p>	<p><b>9</b></p> <p><b>Breakfast:</b> Cheese quesadilla, salsa, fruit &amp; milk</p> <p><b>Lunch:</b> Hot dog on a w/w bun, baked beans, celery and carrot sticks, fruit &amp; milk</p>	<p><b>10</b></p> <p><b>Breakfast:</b> WW biscuit w/cheese and sausage patty, fruit &amp; milk</p> <p><b>Lunch:</b> Frito pie w/pinto beans, red chili w/beef, cheese, lettuce, tomato, graham crackers, fruit &amp; milk</p>	<p><b>11</b></p> <p><b>Breakfast:</b> Ham and cheese roll up on ww tortilla, hash browns, fruit &amp; milk</p> <p><b>Lunch:</b> Chicken nuggets w/bbq sauce, tater tots, carrot sticks, w/w roll, fruit &amp; milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> Breakfast cake, cereal, fruit &amp; milk</p> <p>MS/HS: Boiled Egg</p> <p><b>Lunch:</b> Grilled cheese sandwich, tomato soup, celery sticks, fruit &amp; milk</p>
<p><b>15</b></p> <p><b>Breakfast:</b> Potato &amp; egg burrito, salsa, fruit &amp; milk</p> <p><b>Lunch:</b> Chile w/beef, pinto beans, spinach, corn bread, fruit &amp; milk</p>	<p><b>16</b></p> <p><b>Breakfast:</b> Nutrigrain bar, cheese stick, cereal, fruit &amp; milk</p> <p><b>Lunch:</b> Ham &amp; cheese sandwich on w/w roll, lettuce, tomato, pickle spear, fruit &amp; milk</p> <p>MS/HS: w/w cookie</p>	<p><b>17</b></p> <p><b>Breakfast:</b> Oatmeal w/raisins, w/w toast, fruit &amp; milk</p> <p><b>Lunch:</b> Chicken quesadilla on ww tortilla, lettuce, tomato, Spanish rice, salsa, w/w chips, fruit &amp; milk</p>	<p><b>18</b></p> <p><b>Breakfast:</b> Bagel w/cream cheese, juice &amp; milk</p> <p>MS/HS: Cereal</p> <p><b>Lunch:</b> Bean/cheese burrito, salsa, lettuce, tomato, w/w corn chips, fruit &amp; milk</p>	<p><b>19</b></p> <p><b>No School</b></p> 
<p><b>22</b></p> <p><b>No School</b></p> 	<p><b>23</b></p> <p><b>Breakfast:</b> Sausage pancake on a stick w/syrup, fruit &amp; milk</p> <p>MS/HS: Cereal</p> <p><b>Lunch:</b> Buffalo chicken, fries, w/w roll, celery and carrot sticks, ranch dressing, fruit &amp; milk</p>	<p><b>24</b></p> <p><b>Breakfast:</b> Elem: Toast w/jelly, fruit and milk</p> <p>MS/HS: Peanut butter and jelly sandwich, juice &amp; milk</p> <p><b>Lunch:</b> Papas con carne burrito, red chile sauce, celery sticks, w/w cookie, fruit &amp; milk</p>	<p><b>25</b></p> <p><b>Breakfast:</b> Whole grain waffles w/syrup, fruit &amp; milk</p> <p>MS/HS: Cereal</p> <p><b>Lunch:</b> Chicken tenders, mashed potatoes, gravy, w/w roll, green beans, fruit &amp; milk</p>	<p><b>26</b></p> <p><b>Breakfast:</b> Cinnamon roll, fruit &amp; milk</p> <p>MS/HS: Cereal</p> <p><b>Lunch:</b> Ravioli w/meat sauce, mixed veggies, red bell pepper, garlic bread, fruit &amp; milk</p>
<p><b>29</b></p> <p><b>Breakfast:</b> Banana bread, cereal, fruit &amp; milk</p> <p><b>Lunch:</b> Green chile chicken enchiladas, Spanish rice lettuce, tomato, w/w tortilla, fruit &amp; milk</p>	<p><b>30</b></p> <p><b>Breakfast:</b> Cinnamon Toast Crunch bar, juice cereal &amp; milk</p> <p>MS/HS: Fruit</p> <p><b>Lunch:</b> Salisbury steak, gravy, mashed potatoes, green beans, w/w roll, fruit &amp; milk</p>	<p><b>We serve milk daily for breakfast and lunch. Students may select low-fat 1% white milk or flavored nonfat milk.</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>Menu is subject to change based on product availability</b></p>

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