

# Pecos Independent Schools

May 2019

## Breakfast and Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk is served daily for lunch and breakfast. Students may select low-fat 1% white milk or flavored nonfat milk.</p> <p>Salad Bar is offered daily at the 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>		<p><b>1</b> <b>Breakfast:</b> Yogurt, granola bar, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Meat and potato burrito, red chile, mixed green salad, fruit &amp; milk</p>	<p><b>2</b> <b>Breakfast:</b> Sausage patty with cheese, w/w tortilla, fruit &amp; milk <b>Lunch:</b> Turkey and cheese sandwich on w/w roll, w/lettuce, tomato, green and red bell pepper, gold fish, fruit &amp; milk</p>	<p><b>3</b> <b>Breakfast:</b> Whole grain English muffin w/egg and ham, fruit &amp; milk <b>Lunch:</b> Tacos w/meat and cheese, lettuce, tomato, salsa, mexicali corn, fruit &amp; milk</p>
<p><b>6</b> <b>Breakfast:</b> Bagel w/cream cheese, juice &amp; milk MS/HS: Cereal <b>Lunch:</b> Posole w/pork, tamale, red chile sauce, w/w tortilla, biscochitos, fruit &amp; milk</p>	<p><b>7</b> <b>Breakfast:</b> Whole grain breakfast pizza, juice &amp; milk MS/HS: Cereal <b>Lunch:</b> Grilled Chicken sandwich, on w/w roll, w/lettuce, tomato, red and green bell pepper sticks, fruit &amp; milk</p>	<p><b>8</b> <b>Breakfast:</b> Cinnamon roll, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Nachos supreme w/meat, cheese, lettuce, and tomato, Spanish rice, fruit &amp; milk</p>	<p><b>9</b> <b>Breakfast:</b> Ham and cheese roll up on w/w tortilla, hash browns, fruit &amp; milk <b>Lunch:</b> Spaghetti w/meat sauce, breadstick, green beans, fruit &amp; milk</p>	<p><b>10</b> <b>Breakfast:</b> Assorted cereal, toast, fruit &amp; milk <b>Lunch:</b> Bean and cheese tostada, w/ lettuce and tomato, salsa w/w chips, fruit &amp; milk</p>
<p><b>13</b> <b>Breakfast:</b> Elem: Toast w/jelly, fruit &amp; milk MS/HS: Peanut butter and jelly sandwich, juice &amp; milk <b>Lunch:</b> Red chile enchiladas w/meat, pinto beans, lettuce &amp; tomato, w/w tortilla, fruit &amp; milk</p>	<p><b>14</b> <b>Breakfast:</b> Cheese quesadilla, salsa, fruit &amp; milk <b>Lunch:</b> BBQ pork sandwich, macaroni salad, red bell pepper sticks, corn on the cob, fruit &amp; milk</p>	<p><b>15</b> <b>Breakfast:</b> Trix bar, cheese stick, fruit &amp; milk MS/HS - Cereal <b>Lunch:</b> Cheese pizza, tossed salad, carrot sticks, fruit &amp; milk</p>	<p><b>16</b> <b>Breakfast:</b> Scrambled eggs, hash browns, toast, fruit &amp; milk <b>Lunch:</b> Pork roast, potatoes, gravy, green salad w/tomato and cucumber, w/w roll, fruit &amp; milk</p>	<p><b>17</b> <b>Breakfast:</b> Whole grain waffles w/syrup, fruit &amp; milk MS/HS: Cereal <b>Lunch:</b> Cheeseburger on w/w bun w/lettuce, tomato, onion, pickle, sun chips, fruit &amp; milk</p>
<p><b>20</b> <b>Breakfast:</b> Cinnamon toast, cereal, fruit &amp; milk <b>Lunch:</b> Frito pie w/ground beef, pinto beans, red chili, cheese, romaine lettuce &amp; tomato, graham crackers, fruit &amp; milk</p>	<p><b>21</b> <b>Breakfast:</b> Breakfast taco w/egg and cheese, salsa fruit &amp; milk <b>Lunch:</b> Hot dog on a w/w bun, baked beans, cucumber and carrot sticks, fruit &amp; milk</p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>

**School's Out!**

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