



# Pecos Independent Schools



## Breakfast and Lunch Menu

### September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b>  <b>Labor Day Holiday</b> <b>No School</b>	<b>3</b> <u><b>Breakfast:</b></u> Assorted cereal, toast, fruit & milk <u><b>Lunch:</b></u> Ham & cheese sandwich on w/w roll, lettuce, tomato, pickle spear, red bell pepper sticks, fruit & milk	<b>4</b> <u><b>Breakfast:</b></u> Cheese omelet, hash browns, w/w tortilla, fruit & milk <u><b>Lunch:</b></u> Baked chicken, roasted potatoes, zucchini, carrots, w/w roll, fruit & milk	<b>5</b> <u><b>Breakfast:</b></u> Sausage pancake on a stick w/syrup, fruit & milk MS/HS: Cereal <u><b>Lunch:</b></u> Sausage pizza, tossed salad w/ tomato, w/w cookie, fruit & milk	<b>6</b> <u><b>Breakfast:</b></u> Cheese quesadilla, salsa, juice & milk <u><b>Lunch:</b></u> Chile cheese hot dog on a w/w bun, cucumber slices, fruit & milk	
<b>9</b> <u><b>Breakfast:</b></u> Assorted cereal, toast, fruit & milk <u><b>Lunch:</b></u> Frito pie w/ground beef, pinto beans, red chile, cheese, lettuce & tomato, graham crackers, fruit & milk <b>Happy Grandparent's Day</b>	<b>10</b> <u><b>Breakfast:</b></u> English muffin w/ham and cheese, fruit & milk MS/HS: Cereal <u><b>Lunch:</b></u> Pork chop, broccoli, cheese casserole w/rice, w/w roll, fruit & milk	<b>11</b> <u><b>Breakfast:</b></u> Cinnamon roll, fruit & milk MS/HS: Cereal <u><b>Lunch:</b></u> Nachos supreme w/beef, cheese, lettuce, tomato, jalapeño, pinto beans, w/w cookie, fruit & milk	<b>12</b> <u><b>Breakfast:</b></u> Breakfast pizza, juice, fruit & milk MS/HS: Cereal <u><b>Lunch:</b></u> Turkey sandwich on w/w roll, w/lettuce, tomato, green and red bell pepper, sun chips, pickle spear, fruit & milk	<b>13</b> <u><b>Breakfast:</b></u> Sausage patty w/egg on w/w bun, fruit & milk <u><b>Lunch:</b></u> Taco salad w/ground beef, beans, cheese, lettuce and tomato, carrot sticks, fruit & milk	
<b>16</b> <u><b>Breakfast:</b></u> Elem: Assorted cereal, toast, fruit and milk MS/HS: Peanut butter and jelly sandwich, juice & milk <u><b>Lunch:</b></u> Papas con carne burrito, red chile, celery sticks, w/w cookie, fruit & milk	<b>17</b> <u><b>Breakfast:</b></u> Banana bread, cereal, fruit salad & milk <u><b>Lunch:</b></u> Buffalo chicken, fries, w/w roll, celery and carrot sticks, ranch dressing, fruit & milk	<b>18</b> <u><b>Breakfast:</b></u> Breakfast taco w/egg and cheese, salsa, fruit & milk <u><b>Lunch:</b></u> Bean/cheese tostadas, salsa, lettuce, tomato, Mexicali corn, fruit & milk	<b>19</b> <u><b>Breakfast:</b></u> Breakfast bar, fruit smoothie and milk <u><b>Lunch:</b></u> Lasagna w/meat sauce, spinach salad w/cucumber and tomato, w/w breadstick, fruit & milk	<b>20</b> <u><b>Breakfast:</b></u> Potato & egg, green chile burrito, fruit & milk <u><b>Lunch:</b></u> Chicken tacos w/cheese, lettuce, tomato, salsa, pinto beans, fruit & milk	
<b>23</b> <u><b>Breakfast:</b></u> Trix bar, cereal, fruit & milk <u><b>Lunch:</b></u> Spaghetti w/meat sauce, w/w bread stick, green beans, fruit & milk	<b>24</b> <u><b>Breakfast:</b></u> Oatmeal w/raisins, w/w toast, fruit & milk <u><b>Lunch:</b></u> Green chile chicken enchiladas, lettuce, tomato, tortilla, Spanish rice, fruit & milk	<b>25</b> <u><b>Breakfast:</b></u> Assorted cereal, toast, fruit & milk <u><b>Lunch:</b></u> Shepherd's Pie w/ground beef, cheese and vegetables, peas, carrots w/w roll, fruit & milk	<b>26</b> <u><b>Breakfast:</b></u> French toast sticks, syrup, fruit & milk <u><b>Lunch:</b></u> Lemon peppered chicken, rice pilaf, steamed broccoli, w/w roll, fruit & milk	<b>27</b> <u><b>Breakfast:</b></u> Egg salad sandwich, cheese stick, fruit & milk <u><b>Lunch:</b></u> Green chile tortilla burger w/cheese, lettuce, tomato and pickle, fries, cake, fruit & milk	
<b>30</b> <u><b>Breakfast:</b></u> Yogurt, granola parfait w/fruit & milk MS/HS: Cereal <u><b>Lunch:</b></u> Chicken fajita w/red & green bell pepper on tortilla, salsa, pinto beans, apple & milk <b>NM Grown:</b> Fajita- bell peppers, onion, Salsa- tomato, onion, and jalapeno, pinto beans, Gala apple	<div style="border: 2px solid green; padding: 10px;"> <p><b>NEW MEXICO GROWN WEEK</b>  <b>SEPT. 30 – OCT. 4</b></p> <p><b>Menu items in green are locally grown items.</b>  <b>New Mexico Grown items are made possible through the</b>  <b>New Mexico Public Education Department's</b>  <b>New Mexico Grown Grant</b></p>  </div>			<p>Menu is subject to change based on product availability</p>	<p>Salad Bar is offered daily to Middle and High School. Students may select both the hot meal and the salad bar.</p>

**New Mexico Grown items in the salad bar September 30 to October 4: Mixed Greens, Spinach, Lettuce, Carrots, Bell Pepper, Cucumber, Sprouts, Onion, Radish, Cherry/Grape Tomatoes.**

**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.**