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SEPTEMBER

A variety of milk options including milk alternatives are available.

ALL Breakfast Meals include Fresh Fruit or 100% Fruit Juice & Milk. Cereal is available as an option.

2-hr Delay Breakfast
Cereal, Fresh Fruit, Cheese Stick or Yogurt, & Milk

Lunch Meals include a Fruit, Fruit Dessert, or Fruit Juice & Milk.
Middle/High School will have the optional Salad Bar on select days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Middle/High School lunch will include an optional Salad Bar. Options may include: Vegetables: Lettuce, tomato, carrots, cucumber, sprouts, corn, & peas Proteins: Chicken, ham, pepperoni, or eggs, Cottage Cheese/Shredded Cheese Beans: Red beans, black beans, or garbanzo beans Grains: Croutons or crackers Extras: Sunflower seeds, jalapeños, pickles, & banana peppers Dressings: A variety of choices	 LABOR DAY No School!	Breakfast Breakfast Bar, Ham, Egg & Cheese, Hashbrown w/WG Bread, Apple, & Milk. Optional: Hot Sauce Lunch Baked Chicken, Mashed Potatoes, Green Beans, Roll, Applesauce, & Milk Optional: Hot Sauce	Breakfast Variety of Cereals, Cheese Stick, banana, & Milk Lunch Ground Beef, Potato, & Green Chile Burrito, w/Cheese, Pinto Beans, Side Salad, Mandarin Oranges, & Milk Optional: Salsa, Sour Cream, & Dressings	Breakfast Pancakes, Sausage Links, Cheese Stick, Kiwi, & Milk Lunch Chicken Tacos w/Cheese, Rice, Lettuce & Tomato Mix, Fruit Cocktail, & Milk Optional: Salsa, Sour Cream	Breakfast Homemade Breakfast Muffin w/Banana, Carrot, & Raisins, Cheese Stick, Apple, & Milk Lunch Chicken Sandwich, Lettuce, Tomato, & Pickles, Chips, Peach Crisp, & Milk Condiments: Hot Sauce, Mayonnaise, & Mustard	National Read a Book Day
7	8	9	10	11	12	13
 WHAT DO YOU CALL A TREE THAT DOUBTS FALL IS COMING? In dis-be-leaf	Breakfast Yogurt Bowl w/Strawberries, Cheese Stick, Granola, Banana, & Milk Optional: Cereal Lunch Hot Dogs, Pork & Beans, Side Salad, Hot Cinnamon Apples, & Milk Condiments: Mustard, Ketchup, Relish	Breakfast Breakfast Nuggets, Cheese Stick, Toast, Apple, & Milk Optional: Hot Sauce Lunch Spaghetti, Side Salad, Garlic Bread, Pineapple, Orange Creamsicle Dessert, & Milk	Breakfast Oatmeal, Toast, Cheese Stick, Orange, & Milk Optional: Butter, Fruit Jam, Cinnamon, Raisins Lunch Beef & Pinto Bean Frito Pie, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese & Sour Cream	Breakfast English Muffin, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Butter, Jam Lunch Green Chicken Enchiladas, Calabacitas, Roll, Fruit Cocktail, & Milk Patriot Day Remember 9/11	Breakfast Homemade Oatmeal Muffin Squares, Cheese Stick, Fresh Fruit & Milk Optional: Butter Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Apple Crisp & Milk Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles	August's Perfect Attendance Celebration is September 2.
14	15	16	17	18	19	20
 Submit your Feedback	Breakfast Rise & Shine Strawberry Oat Smoothie, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Chicken Fingers, Side salad, Tater Tots, WG Bread, Applesauce, & Milk Optional: BBQ, Ketchup, & Hot Sauce	Breakfast Hashbrown & Egg Casserole, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Roll, Banana Pudding & Milk Optional: Hot Sauce	Breakfast Sweet Rice Pudding w/Raisins and Cinnamon, Cheese Stick, Orange, & Milk Lunch Taco Salad w/Beef & Black Beans over Tortilla Chips, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Cheese, Salsa, Jalapenos, Sour Cream	Breakfast Biscuit & Gravy, Cheese Stick, Grapes, & Milk Optional: Hot Sauce Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Side Salad, Fruit Cocktail, & Milk Optional: Salsa, Jalapenos	Breakfast Banana Bread, Cheese Stick, Fresh Fruit & Milk Optional: Syrup, Butter Lunch Sloppy Joe Sandwich, Pickles, Side Salad, Chips, Peach Crisp, & Milk Optional: Hot Sauce	<i>You're braver than you believe, stronger than you seem, and smarter than you think.</i> <small>A.A. Milne</small>
21	22	23	24	25	26	27
	Breakfast Breakfast Fruit Smoothie, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Pepperoni Pizza, Side Salad, Hot Cinnamon Apples, & Milk Condiments: Dressing Variety Optional: Cheese Pizza First Day of Fall	Breakfast Sausage, Potato & Egg Breakfast Bowl, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Pulled Pork, Baked Potato, Broccoli & Cheese, Dessert Fruit Pizza w/Grapes, & Milk Optional: Hot Sauce	Breakfast Cream of Wheat, Toast, Cheese Stick, Orange, & Milk Optional: Butter, Fruit Jam, Cinnamon, Raisins Lunch Super Nachos w/Beef & Pinto Beans, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Bagel, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter Lunch Red Chicken Enchiladas, Hominy, Side Salad, Fruit Cocktail, & Milk	Breakfast Maple Baked French Toast, Cheese Stick, Fresh Fruit & Milk Lunch Grilled Cheese w/Tomato Soup, Celery Sticks, Chips, Pear Crisp, & Milk	Pecos ISD Nutrition Website 
28	29	30				
 Leaves are falling Autumn is calling!	Breakfast Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Chicken Nuggets, Sweet Potato Fries, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety, BBQ Sauce, Hot Sauce	Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup Lunch Hot Turkey w/Mashed Potatoes & Gravy, Roll, Corn, Pound Cake w/Berry Fruit Topping, & Milk Optional: Hot Sauce	Breakfast Fruit Danish, Cheese Stick, Orange, & Milk Lunch Ground Beef, Rice, Corn & Black Bean Bowl, w/ Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Biscuit, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Jam, Butter, Lunch Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk Optional: Ketchup	Breakfast Cinnamon Rolls w/Cinnamon, Cheese Stick, Fresh Fruit & Milk Lunch Sack Lunch w/Ham & Cheese Sandwich, Lettuce, Tomato, Pickles, Chips, Frozen Fruit Side Kick Slush, & Milk Condiments: Mustard, Ketchup, Mayonnaise	September's Perfect Attendance Celebration is October 1.

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