



March

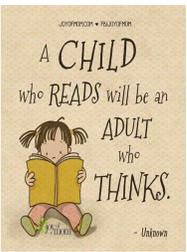
www.pecos.k12.nm.us

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 Optional Salad Bar will be served: Mondays-Wednesday.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Breakfast Apple Turnover, Cheese Stick, Orange, & Milk Optional: Cereal Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety	3 Breakfast Breakfast Tacos (flour tortilla) w/Egg, Cheese, Turkey Bacon, & Hashbrown, Apple, & Milk. Optional: Hot Sauce Lunch Baked Chicken, Mashed Potatoes, Green Beans, Roll, Mandarin Oranges, & Milk Optional: Hot Sauce	4 Breakfast Breakfast Fruit Smoothie, Toast, Cheese Stick, Orange, & Milk Optional: Butter, & Fruit Jam Lunch Beef & Pinto Bean w/Red Chile Frito Pie, Lettuce & Tomato Mix, Pineapple Creamsicle Dessert & Milk. Optional: Jalapenos, Cheese & Sour Cream	5 Breakfast Toasted English Muffin, Sausage Patty, GoGurt, Grapes, & Milk Optional: Butter, Jam Lunch Green Chicken Enchiladas, Beans, Side Salad, Roll, Apple Crisp, & Milk Optional: Sour Cream	6 Breakfast Homemade Breakfast Muffin w/Banana, Carrot, & Raisins, Cheese Stick, Fresh Fruit & Milk Lunch Fish Sandwich, Lettuce, Tomato, & Pickles, Chips, Fruit Cup, & Milk Condiments: Hot Sauce, tartar sauce Mayonnaise, & Mustard	7 
8	9	10	11	12	13	14




Winds of March

Winds of March,
We welcome you.
There is work for you to do.
Work and play
and blow all day.
Blow the winter cold away!

15 Submit your Feedback 	16 Breakfast Danish Cheese Stick, Fruit Juice, & Milk Optional: Cereal Lunch Hot Dog, Potato Salad, Chips, Applesauce, & Milk Optional: Mustard, Relish, Ketchup	17 Breakfast Scrambled Eggs w/Cheese, Hashbrown, Tortilla, Fruit Juice, & Milk Optional: Hot Sauce, Ketchup Lunch Taqitos, Beans, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Avocado, Cheese, Salsa, Jalapenos, Sour Cream	18 Breakfast Yogurt Bowl w/frozen fruit, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Super Nachos, w/Ground Beef, Side Salad, Pineapple Cake, & Milk. Optional: Jalapenos, Sour Cream	19 Breakfast Biscuit & Gravy, Cheese Stick, Grapes, & Milk Optional: Hot Sauce Lunch Chicken Fajitas w/Bell Peppers and Onion Mix, Flour Tortilla, Rice, Side Salad, Peach Cobbler, & Milk Optional: Salsa, Jalapenos	20 Breakfast Banana Bread, Cheese Stick, Fresh Fruit & Milk Optional: Butter Lunch Fish Sticks, Fries, Side Salad, Roll, Fruit Cup, & Milk Optional: Tartar Sauce, Ketchup, Hot Sauce	21  "Reading is dreaming with open eyes." - Unknown
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22  Be Kind	23 Breakfast Breakfast Nuggets, Yogurt, Orange, & Milk Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Applesauce, & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles 	24 Breakfast Sausage, Potato, Egg, & Cheese Breakfast Bowl, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Baked Chicken Wings, Sweet Potato Fries, Side Salad, Mandarin Oranges, & Milk Optional: Hot Sauce, BBQ Sauce	25 Breakfast Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Elementary School: Pulled Pork, Baked Potato, Broccoli & Cheese, Banana Pudding, & Milk Middle & High School: Baked Potato Bar Optional: Butter, Scallions	26 Breakfast Bagel, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter Lunch Red Enchiladas, Beans, Side Salad, Ambrosia Fruit Salad, & Milk Optional: Sour Cream	27 Breakfast Cinnamon Roll, Cheese Stick, Apple & Milk Lunch Grilled Cheese w/Tomato Soup, Side Salad, Chips, Side Kick, & Milk	28 "March forward with courage and determination on the path to your dreams."
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29 Pecos ISD Nutrition Website 	30 Breakfast Oatmeal Round, Cheese Stick, Orange & Milk Optional: Cereal Lunch Corn Dog, Coleslaw, Chips, Applesauce, & Milk Condiments: Ketchup, Mustard	31 Breakfast Breakfast Burrito with Egg, Ham, Cheese, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup Lunch Spaghetti, Side Salad, Garlic Bread, Mandarin Oranges, & Milk Condiments: Dressing Variety, Hot Sauce	Middle/High School lunch will include an optional Salad Bar Tuesday-Thursday with a wide variety of fresh ingredients. Options may include: Vegetables: Lettuce, tomato, carrots, cucumber, sprouts, corn, & peas Proteins: Chicken, ham, pepperoni, or eggs, Cottage Cheese or 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 are available.			
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Pecos ISD Nutrition Department Contact: Phone: (505)657-1627 or email: mdaves@pecos.k12.nm.us Website

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