



www.pecos.k12.nm.us



A variety of milk options, including alternatives, are available.

Breakfast 7:15 - 8:30
All Breakfast Meals include fresh fruit or 100% fruit juice & milk.
Optional: Cold Cereal

Lunch 11:15-12:30
Lunch Meals include a fruit, fruit dessert, or 100% fruit juice & milk.

Free meals are available to all children ages 1-18.
Meals must be eaten on-site at the designated serving location.

We're giving a salad bar a try on Fridays! If it's a hit, we'll keep it going each week this month. If not, we'll go back to the chef's choice for lunch. Hope you enjoy!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0  "SUN, SAND, AND A PINEAPPLE IN HAND MAKE THE PERFECT SUMMER DAY." UNKNOWN	1 Breakfast & Lunch  CHEF'S CHOICE	2 Breakfast Breakfast Tacos (flour tortilla) w/Egg, Cheese, Ham, & Hashbrown, Apple, & Milk. Optional: Hot Sauce Chicken Wings, Mashed Potatoes, Green Beans, Roll, Mandarin Oranges, & Milk Optional: Hot Sauce, Ranch Cup	3 Breakfast Sausage Patty, Biscuit, Cheese Stick, Grapes, & Milk Optional: Ketchup, Hot Sauce, Lunch Salad Bar, Croutons, Pineapple Creamsicle Dessert, Juice, & Milk Optional: Dressing Variety	4 Breakfast Overnight Oat Smoothie w/Mixed Berries, Granola, Apple, & Milk Optional: Cheese Stick, Butter, Jam Lunch Hamburger, Chips, Salad Bar, Peach Cobbler, Juice, & Milk	5 Breakfast Cinnamon Roll, Cheese Stick, Peach & Milk Nachos, Beans, Salad Bar, Frozen Fruit Side Kick, & Milk Optional: Dressing Variety National Play Outside Day! 	6  This menu is subject to change based on availability.
7  Submit your Feedback	8 Breakfast Pancake on a Stick, Orange, Cheese Stick & Milk Optional: Syrup Lunch Peanut Butter & Jelly Uncrustable, Chips, Carrot Sticks, w/Ranch, Cocktail Fruit Cup, & Milk Optional: Ham Sandwich	9 Breakfast Breakfast Bowl w/ Potatoes, Eggs, Sausage, Cheese, Apple, & Milk Optional: Ketchup, Jalapenos, Salsa, Hot Sauce Lunch Taquitos, Beans, Lettuce & Tomato Mix, Mandarin Oranges, & Milk Optional: Cheese, Salsa, Sour Cream, Jalapenos	10 Breakfast Sausage Patty, Bagel, Cheese Stick, Grapes, & Milk Optional: Ketchup, Hot Sauce, Cream Cheese Lunch Salad Bar, Croutons, Fruit Dessert Pizza w/ Grapes, Juice, & Milk Optional: Dressing Variety	11 Breakfast Yogurt Parfait w/Mixed Berries, Granola, Apple, & Milk Optional: Cheese Stick, Jam, Butter Frito Pie, Salad Bar, Apple Cobbler, & Milk Optional: Hot Sauce, Ranch	12 Breakfast Banana Bread, Cheese Stick, Peach, & Milk Lunch Pizza, Salad Bar, Side Kick, & Milk Optional: Dressing Variety 	13 Why do fish like to eat worms?  Because they get hooked on them! <small>www.melbaker.com</small>
14 What do you get when you cross a watermelon with broccoli?  A melon-cool snack!	15 Breakfast French Toast Sticks, Sausage Links, Cheese Stick, Orange, & Milk. Lunch Hot Dogs, Potato Salad, Chips, Fruit Cup, & Milk Optional: Relish, Ketchup, Mustard	16 Breakfast Ham & Cheese, Croissant, Apple, & Milk Optional: Ketchup, Jalapenos, Salsa, Hot Sauce Lunch Chicken Strips, Mashed Potatoes, Corn, Roll, Mandarin Oranges, & Milk Optional: Hot Sauce, BBQ	17 Breakfast Sausage Links, HashBrown, Tortilla, Cheese Stick, Grapes, & Milk Optional: Hot Sauce, Ketchup Lunch Salad Bar, Croutons, Banana Pudding, Juice, & Milk Optional: Dressing Variety	18 Breakfast Yogurt Bowl w/Mixed Berries, Granola, Apple, & Milk Lunch Enchiladas, Hominy, Salad Bar, Peach Cobbler, & Milk 	19 Breakfast Muffin, Cheese Stick, Peach, & Milk Lunch Sandwich, Chips, Salad Bar, Side Kick, & Milk Optional: Dressing Variety 	20 Pecos ISD Nutrition Website 
21 First Day of Summer 	22 Breakfast Pancakes, Sausage Links, Cheese Stick, Orange, & Milk. Lunch Pizza, Carrots w/Ranch, Applesauce, & Milk	23 Breakfast Breakfast Nuggets, Cheese Stick, Apple, & Milk Optional: Cheese Stick Lunch Corn Dog, Coleslaw, Chips, Mandarin Oranges, & Milk Optional: Mustard, Ketchup	24 Breakfast Sausage Patty, English Muffin, Grapes, & Milk Optional: Ketchup & Hot Sauce Lunch Salad Bar, Croutons, Pound Cake w/Mixed Berries, Juice, & Milk Optional: Dressing Variety	25 Breakfast Build your own Parfait w/Frozen Fruits, Granola, Apple, & Milk Optional: Cheese Stick, Ketchup Lunch Super Nachos with Beef, Beans, Cheese, Salad Bar, Fruit Cup, & Milk Optional: Sour Cream, Jalapenos	26 Breakfast Fruit Danish, Cheese Stick, Peach, & Milk Lunch Hamburger, Salad Bar, Chips, Side Kick, & Milk Optional: Ketchup, Mustard, Mayonnaise, Jalapenos	27 ENJOY SUMMER 

Pecos ISD Nutrition Department Contact: Phone: (505)657-1627 or email: mdaves@pecos.k12.nm.us Website

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