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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
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	1 Breakfast Vanilla Yogurt w/Berry Mix Bowl, Cheese Stick, & Milk Optional: Cereal Lunch Pizza, Vegetable, Churros w/Apples & Ice Cream Dessert, & Milk 80th Day Celebration! Churros w/apples & ice cream dessert. Optional: caramel & chocolate NO SALAD BAR	2 Breakfast Breakfast Nuggets, Hashbrown Rounds, Cheese Stick, 100% Fruit Juice, & Milk. Optional: Hot Sauce, Cheese Lunch Baked Chicken, Mashed Potatoes, Green Beans, Roll, Applesauce, & Milk Optional: Gravy, Hot Sauce	3 Breakfast Pancake on a Stick, Yogurt, Fresh Fruit, & Milk Lunch Ground Beef, Potato, & Green Chile Burrito, w/Cheese, Pinto Beans, Side Salad, Mandarin Oranges, & Milk Optional: Salsa, Sour Cream, & Dressings	4 Breakfast Pancakes, Sausage Links, Cheese Stick, Grapes, & Milk Lunch Red Chicken Enchiladas, Calabacitas, Roll, Fruit Cocktail, & Milk Optional: Cheese, Salsa, Sour Cream	5 Breakfast Homemade Breakfast Muffin w/Banana, Carrot, & Raisins, Cheese Stick, Fresh Fruit & Milk Lunch Pulled Pork BBQ Sandwich, Coleslaw, Chips, Peach Crisp, & Milk Optional: Jalapenos, Pickles, Hot Sauce	6
7 	8 Breakfast Yogurt Parfait (Vanilla Yogurt, Berries, Granola), Cheese Stick, & Milk Optional: Cereal Lunch Corn Dogs, Pork & Beans, Side Salad, Hot Cinnamon Apples, & Milk Condiments: Mustard, Ketchup, Relish	9 Breakfast Eggs, Hashbrowns, Tortilla, Apple, & Milk Optional: Hot Sauce, Cheese Lunch Spaghetti w/Beef, Side Salad, Garlic Bread, Pineapple Upside Down Cake, & Milk	10 Breakfast Sweet 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: Jalapenos, Cheese & Sour Cream	11 Breakfast English Muffin, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Butter, Jam Lunch Soft Chicken Tacos (WG Flour Tortillas), Hominy, Lettuce & Tomato Mix, Fruit Cocktail, & Milk Patriot Day Remember 9/11	12 Breakfast Cinnamon Rolls, Cheese Stick, Fresh Fruit & Milk Optional: Butter Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Apple Crisp & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles	13 Remember to READ because
14 	15 Breakfast Rise & Shine Banana, Strawberry & Oat Smoothie, Cheese Stick, & Milk Optional: Cereal Lunch Beef Taquitos, Side salad, Fruit Dessert, & Milk Optional: Avocado, Sour Cream, Jalapenos, Salsa, Cheese	16 Breakfast Pancakes, Sausage Links, Cheese Stick, Orange, & Milk Optional: Butter, Syrup Lunch Red Chili w/Beef Cheese Tots, Pinto Beans, Corn, Mandarin Oranges, & Milk. Optional: Jalapenos, & Sour Cream	17 Breakfast French Toast Sticks, Cheese Stick, Fresh Fruit, & Milk Optional: Butter & Syrup Lunch NM Christmas Dinner Tamales, Hominy, Side Salad, Sweet Yam Dessert & Milk. Optional: Dressing Variety	18 Breakfast & Lunch Visit our Nutrition Page for more information.	19 Breakfast & Lunch Visit our Nutrition Page for more information.	20 Pecos ISD Nutrition Website
21 1st Day of Winter 	22-26 					27

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

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