

				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 Elementary School Salad Sign Up		
www.pecos.k12.nm.us		National Apple Month				
Sunday	Monday	Tuesday	Wednesday	Nuevo Thursdays	Friday	Saturday
Middle/High School lunch will include an optional Salad Bar with a wide variety of fresh ingredients. Options may include: Vegetables: Lettuce, Tomato, Carrots, Cucumber, Sprouts, Corn Proteins: Chicken/Ham/Pepperoni/Eggs Cottage Cheese/Shredded Cheese Beans: Red beans/black beans/garbanzo beans/Peas Grains: Croutons/Crackers Extras: Sunflower Seeds, Jalapeños, Pickles, Olives, Banana Peppers Dressings: A variety of choices are available.		 October is National Apple Month 	Breakfast Fruit Danish, Cheese Stick, Banana, & Milk Lunch Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk 	Breakfast Biscuit, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Jam, Butter, Lunch Ground Beef, Potato, & Green Chile Burrito w/ Lettuce & Tomato Mix, Fruit Cocktail, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Homemade Breakfast Muffin w/Banana, Carrot, & Raisins, Cheese Stick, Fresh Fruit & Milk Lunch Chicken Sandwich, Lettuce, Tomato, & Pickles, Chips, Peach Crisp w/Oats, & Milk Condiments: Hot Sauce, Mayonnaise, & Mustard	
5	6	7	8	9	10	11
	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, Apple, & Milk Optional: Hot Sauce Lunch Spaghetti, Side Salad, Garlic Bread, Pineapple, Orange Creamsicle Dessert, & Milk	Breakfast Pancake on a Stick, Cheese Stick, Orange, & Milk Optional: Syrup Lunch Beef & Pinto Bean Frito Pie, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese & Sour Cream 40th Day Celebration! Apple Nachos	Breakfast English Muffin, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Butter, Jam Lunch Green Chicken Enchiladas, Calabacitas, Roll, Fruit Jello, & Milk End of Grading Period		
12	13	14	15	16	17	18
Visit the Pecos ISD Nutrition Website. 		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 Apple Turnover, Cheese Stick, Orange, & Milk Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Side Salad, Fruit Cocktail, & Milk Optional: Salsa, Jalapenos	Breakfast Biscuit & Gravy, Cheese Stick, Grapes, & Milk Optional: Hot Sauce Lunch Red Chicken Enchiladas, Hominy, Side Salad, Fruit Jello, & Milk	Breakfast Banana Bread, Cheese Stick, Fresh Fruit & Milk Optional: Syrup, Butter Lunch Sloppy Joe Sandwich, Pickles, Side Salad, Chips, Peach Crisp w/Oats, & Milk Optional: Hot Sauce	 Submit Your Feedback
19	20	21	22	23	24	25
	Breakfast Breakfast Fruit Smoothie, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Hot Cinnamon Apples, & Milk Condiments: Dressing Variety Optional: Cheese Pizza	Breakfast Sausage, Potato & Egg Breakfast Bowl, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Chicken Fried Steak w/Gravy, Broccoli & Cheese, Mashed Potatoes, Roll, Pineapple Upside Down Cake, & Milk Optional: Hot Sauce	Breakfast Oatmeal Rounds, Cheese Stick, Orange, & Milk Optional: Butter, Fruit Jam, Cinnamon, Raisins Lunch Super Nachos w/Beef & Pinto Beans, Lettuce & Tomato Mix, Apricots, & Milk. Optional: Cheese, Jalapenos, Sour Cream	Breakfast Cereal, Cheese Stick, Fresh Fruit & Milk Lunch Sack Lunch w/Uncrustable Sandwich, Veggie Sticks, Chips, Fruit, & Milk 	 Parent-Teacher Conferences Nutrition Team Meeting	
26	27	28	29	30	31	
	Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Chicken Fingers, Sweet Potato Fries, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety, BBQ Sauce, Hot Sauce	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 Oatmeal w/Cinnamon & Raisins, Cheese Stick, Orange, & Milk Lunch Ground Beef, Rice, Corn & Pinto Bean Bowl, w/ Lettuce & Tomato Mix, Peaches, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Biscuit, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Jam, Butter, Lunch Chicken Fajitas, Spanish Rice, Side Salad, Fruit Jello, & Milk Optional: Ketchup 	Breakfast Cinnamon Rolls Cinnamon, Cheese Stick, Fresh Fruit & Milk Lunch Hamburger, Lettuce, Tomato, Pickles, Chips, Apple Crisp w/Oats, & Milk Condiments: Mustard, Ketchup, Mayonnaise	