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SEPTEMBER

A variety of milk options including milk alternatives are available.

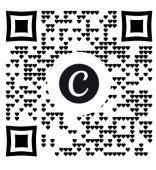
All Breakfast Meals include Fresh Fruit or 100% Fruit Juice & Milk.
Yogurt & Cereal may be available as an altoption.

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

Lunch Meals include a Fruit, Fruit Dessert, or Fruit Juice & Milk.

Meal options are available for students with vegetarian, dairy-restricted, and religious dietary needs. Contact the Nutrition Department for a Meal

To protect the health and safety of our students, certain fresh produce items may be temporarily unavailable due to supplier quality concerns, food safety advisories, or supply chain disruptions. As a result, the salad bar will be unavailable until further notice. Appropriate substitutions will be made to ensure all meals continue to meet USDA meal pattern requirements while maintaining the highest standards of food quality and safety.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 A taste of Tradition, a celebration of Culture!	31 Breakfast Breakfast Bar, Ham, Egg & Cheese, Hashbrown w/WG Bread, Strawberries, & Milk. Optional: Yogurt Lunch Corn Dog, Coleslaw, Chips, Applesauce, & Milk Condiments: Mustard, Ketchup Optional: Cheese Sandwich	1 Breakfast Scrambled Eggs w/Sausage, Hashbrown, Toast, Grapes, & Milk Optional: Yogurt Lunch Baked Chicken Wings, Mashed Potatoes, Carrots, Roll, Mixed Berry Pound Cake, Juice, & Milk Condiments: Hot Sauce, Ranch Dressing	2 Breakfast Breakfast Berry Smoothie, Granola, Juice, & Milk Lunch Ground Beef, Potato, & Green Chile Burrito, w/Cheese, Black Bean & Corn Fiesta Mix, Mandarin Oranges, & Milk Optional: Salsa, Sour Cream, & Dressings	3 Breakfast Pancakes, Sausage Links, Cheese Stick, Apple, & Milk Lunch Red Pork Tamales, Rice, Green Beans, Fruit Cocktail, & Milk 	4 Breakfast Breakfast Muffin, Cheese Stick, Apple, & Milk Lunch Chicken Sandwich w/Cheese, Pickles, Carrots, Chips, Peach Crisp, & Milk Condiments: Hot Sauce, Mayonnaise, & Mustard	5  Leaves are falling, Autumn is calling!
6	7	8	9	10	11	12
 In dis-be-leaf	LABOR DAY No School!	READ & EAT Day Breakfast Breakfast Sandwich English Muffin w/Egg & Cheese, Strawberries, & Milk Optional: Cereal Lunch Lasagna, Garlic Bread, Roasted Vegetables, Pineapple Orange Creamsicle Dessert, Juice, & Milk Bring a book to read while	Guacamole Day Breakfast Fruit & Yogurt Bowl, Granola, Cheese Stick, Juice, & Milk Lunch Fiesta Bowl w/Rice, Pinto Beans, Ground Beef, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. H/S Build your own bowl. Optional: Guacamole, Jalapenos, Cheese & Sour Cream	Breakfast French Toast, Sausage Patty, Apple, & Milk Condiments: Butter, Jam Lunch Green Chicken Enchiladas, Calabacitas, Roll, Fruit Cocktail, & Milk 	Breakfast Oatmeal Squares, Cheese Stick, Apple & Milk Lunch Turkey & Cheese Wrap, Pickle, Potato Salad, Chips, Frozen Fruit Cup, & Milk 	
13	14	15	16	17	18	19
 Submit your Feedback	Breakfast Breakfast Pizza, Strawberries, & Milk Optional: Cereal Lunch Chicken Fingers, Side salad, Tater Tots, WG Bread, Applesauce, & Milk Optional: BBQ, Ketchup, & Hot Sauce	Breakfast Sausage, & Egg Casserole, Hash Browns, Tortilla, Grapes, & Milk Optional: Cereal Lunch Salisbury Steak, Mashed Potatoes, Mixed Vegetables, Roll, Banana Pudding & Milk Optional: Hot Sauce <i>National School IT Day</i>	Breakfast Yogurt Parfait w/Fruit & Granola, Cheese Stick, Juice, & Milk Lunch Taco Salad w/Beef & Black Beans over Tortilla Chips, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Salsa, Jalapenos, Sour Cream	Breakfast Biscuit & Gravy, Cheese Stick, Apple, & Milk Optional: Hot Sauce Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Corn, Fruit Cocktail, & Milk Optional: Jalapenos 	Breakfast Banana Bread, Cheese Stick, Apple, & Milk Optional: Syrup, Butter Lunch Sack Lunch, Uncrustables, Chips, Apple Slices, Carrots w/Ranch & Milk. Optional: Cheese Sandwich	<i>You're braver than you believe, stronger than you seem, and smarter than you think.</i> A.A. Milne
20	21	22	23	24	25	26
STAY UP TO DATE with News, Pictures, Recipes, & more on our Pecos ISD Nutrition Website.  Adult Breakfast \$3.00 Adult Lunch \$5.00	Breakfast Pancake on a Stick, Strawberries, & Milk Optional: Yogurt Lunch Pepperoni Pizza, Celery Sticks, Hot Cinnamon Apples, & Milk Condiments: Ranch Dressing Optional: Cheese Pizza <i>First Day of Fall</i>	Breakfast Sausage, Potato & Egg Breakfast Bowl, Tortilla, Grapes, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Hamburgers, Pickles, Tater Tots, Apple Crisp & Milk. Condiments: Ketchup, Mustard, Mayonnaise <i>First Day of Fall</i>	Breakfast Pumpkin Breakfast Bar, Cheese Stick, Juice, & Milk Lunch Super Nachos w/Beef & Pinto Beans, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Bagel, Sausage Links, Cheese Stick, Strawberries, & Milk Optional: Cream Cheese, Jam, Butter Lunch Red Beef Enchiladas, Hominy, Fruit Cocktail, & Milk 	Breakfast & Lunch  CHEF'S CHOICE 	National Pancake Day 
	28	29	30	1	2	
	Breakfast Pancake Bites, Cheese Stick, Strawberries, & Milk Lunch Chicken Nuggets, Sweet Potato Fries, Corn, Roll, Applesauce, & Milk Condiments: BBQ Sauce, Hot Sauce	Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Grapes, & Milk Optional: Salsa, Hot Sauce, Ketchup Lunch Taqitos, Pinto Beans, Mandarin Oranges, & Milk. Condiments: Avocado, Jalapenos, & Sour Cream	Breakfast Fruit Danish, Cheese Stick, Orange, & Milk Lunch Frito Pie, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Cheese, Jalapenos, & Sour Cream	Breakfast Biscuit & Gravy w/Sausage Crumbles, Grapes, & Milk Condiments: Hot Sauce Optional: Yogurt Lunch Chicken Tacos, Corn, Fruit Cocktail, & Milk Condiments: Salsa, Jalapenos, Sour Cream	Breakfast Cinnamon Rolls, Cheese Stick, Apple, & Milk Optional: Cereal Lunch Hot Dog, Pork n' Beans, Chips, Applesauce, & Milk Condiments: Mustard, Ketchup, Relish	 This menu is subject to change based on availability.

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

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