



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
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Middle/High School Lunch will include an optional Salad Bar Tuesday-Thursday, featuring a wide variety of fresh ingredients. Options may include: Vegetables: Lettuce, tomatoes, carrots, cucumbers, sprouts, corn, and peas Proteins: Chicken, ham, pepperoni, 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 available			1 Breakfast Breakfast Fruit Smoothie, Toast, Cheese Stick, Orange, & Milk Optional: Butter, & Fruit Jam Lunch Beef, Potato, & Cheese Burrito, Pinto Beans Lettuce & Tomato Mix, Pineapple Creamsicle Dessert & Milk. Optional: Salsa, Cheese & Sour Cream	2 No School Parent-Teacher Conferences Special Education Parent Training 2:30 @ Support Services Department	3 Easter Break No School April 3-6	4
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5 	6	7 Breakfast Yogurt, Granola, Cheese Stick, Apple, & Milk Optional: Cereal Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Hot Cinnamon Apples, & Milk Condiments: Dressing Variety Optional: Cheese Pizza	8 Breakfast 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: Cheese & Sour Cream BE HERE DAY! Fruit Lemonades for ALL	9 Breakfast English Muffin, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Butter, Jam Lunch Green Chicken Enchiladas, Calabacitas, Roll, Fruit Cocktail, & Milk Patriot Day Remember 9/11	10 Breakfast Homemade Oatmeal Muffin Squares, Cheese Stick, Fresh Fruit & Milk Optional: Butter Lunch Pulled Pork Sandwich, Lettuce, & Tomato, Chips, Side Kick & Milk. Optional: Jalapenos, Pickles	11 Daffodils Yellow, yellow daffodils You're dancing in the sun. Yellow, yellow daffodils You tell me spring has come.
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12 Submit your Feedback 	13 Breakfast Fruit Danish, Cheese Stick, Banana, & Milk Lunch Chicken Fingers, Side salad, Tater Tots, WG Bread, Applesauce, & Milk Optional: BBQ, Ketchup, & Hot Sauce NATIONAL SCRABBLE DAY	14 Breakfast Scrambled Eggs w/Cheese, Hashbrown, Tortilla, Fruit Juice, & Milk Optional: Hot Sauce, Ketchup Lunch Taquitos, Beans, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Avocado, Cheese, Salsa, Jalapenos, Sour Cream	15 Breakfast Yogurt Bowl w/frozen fruit, Cheese Stick, Banana, & Milk Lunch Super Nachos, w/Ground Beef, Side Salad, Pineapple Cake, & Milk. Optional: Jalapenos, Sour Cream WORLD ART DAY	16 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	17 Breakfast Banana Bread, Cheese Stick, Fresh Fruit & Milk Optional: Butter Lunch Fish Sandwich, Coleslaw, Fries, Roll, Fruit Cup, & Milk Optional: Tartar Sauce, Ketchup, Hot Sauce	18
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19 <p>"To plant a garden is to believe in tomorrow." - Audrey Hepburn</p>	20 Breakfast Breakfast Nuggets, Yogurt, Orange, & Milk Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Applesauce, & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles	21 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	22 Breakfast Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Lunch Pulled Pork, Baked Potato, Broccoli & Cheese, Roll Banana Pudding, & Milk HAPPY EARTH DAY	23 Breakfast Bagel, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter Lunch Red Enchiladas, Beans, Side Salad, Ambrosia Fruit Salad, & Milk Optional: Sour Cream	24 Breakfast French Toast Sticks, Sausage Links, Gogurt, Grapes, & Milk Optional: Syrup, Butter Lunch Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk Arbee's DAY	25 Bee Kind
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26 What do you call a bee that can't make up its mind? <p>A maybee.</p>	27 Breakfast Oatmeal Round, Cheese Stick, Orange & Milk Optional: Cereal Lunch Corn Dog, Potato Salad, Chips, Applesauce, & Milk Condiments: Ketchup, Mustard	28 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	Breakfast Cinnamon Roll, Cheese Stick, Apple & Milk Lunch Grilled Cheese w/Tomato Soup, Side Salad, Goldfish Crackers, Side Kick, & Milk	Breakfast & Lunch 	Breakfast & Lunch 	Pecos ISD Nutrition Website
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