



www.pecos.k12.nm.us

February

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>A variety of milk options, including milk alternatives, are available.</p> <p>All Breakfast Meals include fresh fruit or 100% fruit juice and milk.</p> <p>Cereal is available as an option.</p> <p>2-Hour Delay Breakfast Cereal, fresh fruit, cheese stick or yogurt, and milk</p> <p>Lunch Meals include a fruit, fruit dessert, or 100% fruit juice and milk.</p> <p>Elementary School: Optional salad available Tuesday–Friday</p> <p>Middle/High School: Optional salad bar available Tuesday–Friday</p>	<p>Breakfast Cereal, Cheese Stick, Banana, & Milk</p> <p>Lunch Spaghetti, Garlic Bread, Side Salad, Applesauce, & Milk</p> <p>Condiments: Dressing Variety</p> <p>Groundhog Day! </p>	<p>Breakfast Breakfast Tacos w/Egg, Turkey Bacon, & Hashbrown w/Flour Tortilla, Apple, & Milk. Optional: Hot Sauce, Cheese</p> <p>Lunch Baked Chicken, Mashed Potatoes, Green Beans, Roll, Mandarin Oranges, & Milk Optional: Hot Sauce</p>	<p>Breakfast Breakfast Fruit Smoothie, Toast, Cheese Stick, Orange, & Milk Optional: Butter, & Fruit Jam</p> <p>Lunch Beef & Pinto Bean w/ Red Chile Frito Pie, Lettuce & Tomato Mix, Pound Cake with Berries, & Milk. Optional: Jalapenos, Cheese & Sour Cream</p>	<p>Breakfast Toasted English Muffin, Sausage Patty, GoGurt, Grapes, & Milk Optional: Butter, Jam</p> <p>Lunch Green Chicken Enchiladas, Beans, Roll, Apple Crisp, & Milk Optional: Sour Cream</p> <p> Be Kind </p>	<p>Breakfast Homemade Oatmeal Squares, Cheese Stick, Apple & Milk Optional: Butter</p> <p>Lunch Beef & Vegetable Soup, Whole Grain Goldfish Crackers, Side Salad, Fruit Cup, & Milk</p> <p>National Wear RED Day!</p>	<p>Our menu proudly features NM Grown products.</p> <p>Look for the chile symbol for our Featured Local & Proud foods.</p> <p>Visit newmexicogrown.org for more information</p>
	9	10	11	12	13	14
	<p>Breakfast Apple Turnover, Cheese Stick, Orange, & Milk Optional: Cereal</p> <p>Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety</p>	<p>Breakfast Scrambled Eggs, Hashbrown, Tortilla, Apple, & Milk Optional: Hot Sauce, Ketchup</p> <p>Lunch Taqitos, Beans, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Avocado, Cheese, Salsa, Jalapenos, Sour Cream</p>	<p>Breakfast Rise & Shine Strawberry Oat Smoothie, Cheese Stick, Banana, & Milk Optional: Cereal</p> <p>Lunch Chicken Fried Steak w/Gravy, Mashed Potatoes, Corn, Roll, Banana Pudding & Milk Optional: Hot Sauce</p>	<p>Breakfast Biscuit & Gravy w/Ground Sausage, Gogurt, Grapes, Fruit Juice, & Milk Optional: Hot Sauce</p> <p>Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Side Salad, Peach Cobbler, & Milk Optional: Sour Cream, Salsa, Jalapenos</p>	<p>Breakfast Pancake on a Stick, Cheese Stick, Apple & Milk Optional: Butter, Syrup</p> <p>Lunch Pozole w/pulled Pork, Hominy, & Red Chile, Saltine Crackers, Side Salad, Side Kick, & Milk Optional: Lime, Onion, & Oregano</p>	<p></p>
	15	16	17	18	19	21
<p></p> <p>Submit your Feedback</p>	<p>Presidents Day</p> <p></p> <p>No School!</p>	<p>Breakfast Breakfast bowl with Potatoes, Ham & Eggs, Tortilla, Apple, & Milk Optional: Hot Sauce, Ketchup</p> <p>Lunch Baked Chicken Wings, Sweet Potato Fries, Side Salad, Mandarin Oranges, & Milk Optional: Hot Sauce, BBQ Sauce</p>	<p>Breakfast Yogurt Bowl w/frozen fruit, Cheese Stick, Banana, & Milk Optional: Cereal</p> <p>Lunch Super Nachos, w/Ground Beef, Side Salad, Pineapple Cake, & Milk. Optional: Jalapenos</p> <p>Ash Wednesday</p>	<p>Breakfast Bagel, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter</p> <p>Lunch Red Enchiladas, Pinto Beans, Side Salad, Ambrosia Fruit Salad, & Milk</p>	<p>Breakfast Cinnamon Roll, Cheese Stick, Apple & Milk</p> <p>Lunch Fish Sandwich, Fries, Lettuce & Tomato, Fruit Cup & Milk Optional: Mayonnaise, Tartar Sauce, Hot Sauce, & Ketchup</p> <p></p>	<p></p>
22	23	24	25	26	27	28
<p></p> <p>This menu is subject to change based on availability.</p>	<p>Breakfast Banana Bread, Yogurt, Orange, & Milk</p> <p>Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Applesauce, & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles</p> <p>National Banana Bread Day!</p>	<p>Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup</p> <p>Lunch Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk Optional: Ketchup</p>	<p>Breakfast Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Optional: Cereal</p> <p>Lunch Ground Beef, Rice, Corn & Black Bean Bowl, w/ Lettuce & Tomato Mix, Pound Cake w/Berry Fruit Topping, & Milk. Optional: Cheese, Jalapenos, & Sour Cream</p>	<p>Breakfast French Toast Sticks, Sausage Links, Gogurt, Grapes, & Milk Optional: Syrup, Butter,</p> <p>Lunch Ramen Bowl w/Meat, Mixed Vegetables Mandarin Oranges, & Milk Optional: Hard Boiled Egg, Hot Sauce, Ketchup</p> <p>National Write a Letter to an Elder Day! </p>	<p>Breakfast Homemade Breakfast Muffins, Cheese Stick, Apple & Milk</p> <p>Lunch Tomato Soup w/Grilled Cheese, Side Salad, Frozen Fruit Side Kick, & Milk Optional: Sour Cream</p> <p>"Let it be simple, let it be with I OVF"</p> <p></p>	<p>Pecos ISD Nutrition Website</p> <p></p> <p></p>

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form <https://www.fns.usda.gov/civil-rights>.