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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
<p>A variety of milk options, including milk alternatives, are available. All Breakfast Meals include fresh fruit or 100% fruit juice and milk. Cereal is available as an option. 2-Hour Delay Breakfast Cereal, fresh fruit, cheese stick or yogurt, and milk Lunch Meals include a fruit, fruit dessert, or 100% fruit juice and milk. Elementary School: Optional salad available Tuesday-Friday Middle/High School: Optional salad bar available Tuesday-Friday</p>	<p>1 Breakfast Cereal, Cheese Stick, Banana, & Milk Lunch Spaghetti, Garlic Bread, Side Salad, Applesauce, & Milk Condiments: Dressing Variety Groundhog Day!</p>	<p>2 Breakfast Breakfast Tacos w/Egg, Turkey Bacon, & Hashbrown w/Flour Tortilla, Apple, & Milk Optional: Hot Sauce, Cheese Lunch Baked Chicken, Mashed Potatoes, Green Beans, Roll, Mandarin Oranges, & Milk Optional: Hot Sauce</p>	<p>3 Breakfast Breakfast Fruit Smoothie, Toast, Cheese Stick, Orange, & Milk Optional: Butter, & Fruit Jam Lunch Beef & Pinto Bean w/ Red Chile Frito Pie, Lettuce & Tomato Mix, Pound Cake with Berries, & Milk Optional: Jalapeños, Cheese & Sour Cream</p>	<p>4 Breakfast Toasted English Muffin, Sausage Patty, GoGurt, Grapes, & Milk Optional: Butter, Jam Lunch Green Chicken Enchiladas, Beans, Roll, Apple Crisp, & Milk Optional: Sour Cream</p>	<p>5 Breakfast Homemade Oatmeal Squares, Cheese Stick, Apple & Milk Optional: Butter Lunch Beef & Vegetable Soup, Whole Grain Goldfish Crackers, Side Salad, Fruit Cup, & Milk</p>	<p>6 Our menu proudly features NM Grown products. Look for the chile symbol for our Featured Local & Proud foods. Visit newmexicogrown.org for more information</p>
	<p>9 Breakfast Apple Turnover, Cheese Stick, Orange, & Milk Optional: Cereal Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety</p>	<p>10 Breakfast Scrambled Eggs, Hashbrown, Tortilla, Apple, & Milk Optional: Hot Sauce, Ketchup Lunch Taquitos, Beans, Lettuce, Tomato, Cucumber, Carrot Mix, Mandarin Oranges & Milk Optional: Avocado, Cheese, Salsa, Jalapeños, Sour Cream</p>	<p>11 Breakfast Rise & Shine Strawberry Oat Smoothie, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Chicken Fried Steak w/Gravy, Mashed Potatoes, Corn, Roll, Banana Pudding & Milk Optional: Hot Sauce</p>	<p>12 Breakfast Biscuit & Gravy w/Ground Sausage, GoGurt, Grapes, Fruit Juice, & Milk Optional: Hot Sauce Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Side Salad, Peach Cobbler, & Milk Optional: Sour Cream, Salsa, Jalapeños</p>	<p>13 Breakfast Pancake on a Stick, Cheese Stick, Apple & Milk Optional: Butter, Syrup Lunch Posole w/pulled Pork, Hominy, & Red Chile, Saltine Crackers, Side Salad, Side Kick, & Milk Optional: Lime, Onion, & Oregano</p>	<p>14  HAPPY Valentine's Day</p>
<p>15  Submit your Feedback</p>	<p>16 Presidents Day  No School!</p>	<p>17 Breakfast Breakfast bowl with Potatoes, Ham & Eggs, Tortilla, Apple, & Milk Optional: Hot Sauce, Ketchup Lunch Baked Chicken Wings, Sweet Potato Fries, Side Salad, Mandarin Oranges, & Milk Optional: Hot Sauce, BBQ Sauce</p>	<p>18 Breakfast Yogurt Bowl w/frozen fruit, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Super Nachos, w/Ground Beef, Side Salad, Pineapple Cake, & Milk. Optional: Jalapeños Ash Wednesday</p>	<p>19 Breakfast Bagel, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter Lunch Red Enchiladas, Pinto Beans, Side Salad, Ambrosia Fruit Salad, & Milk</p>	<p>20 Breakfast Cinnamon Roll, Cheese Stick, Apple & Milk Lunch Fish Sandwich, Fries, Lettuce & Tomato, Fruit Cup & Milk Optional: Mayonnaise, Tartar Sauce, Hot Sauce, & Ketchup</p>	<p>21  Good News! WHOLE MILK APPROVED! Whole Milk is now available as an option for our students! COMING SOON TO OUR CAFETERIA! </p>
<p>22 </p>	<p>23 Breakfast Banana Bread, Yogurt, Orange, & Milk Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Applesauce, & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles National Banana Bread Day!</p>	<p>24 Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup Lunch Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk Optional: Ketchup</p>	<p>25 Breakfast Yogurt w/Berry Mix, Cheese Stick, Banana, & Milk Optional: Cereal Lunch Ground Beef, Rice, Corn & Black Bean Bowl, w/Lettuce & Tomato Mix, Pound Cake w/Berry Fruit Topping, & Milk. Optional: Cheese, Jalapeños, & Sour Cream</p>	<p>26 Breakfast French Toast Sticks, Sausage Links, GoGurt, Grapes, & Milk Optional: Syrup, Butter, Lunch Ramen Bowl w/Meat, Mixed Vegetables Mandarin Oranges, & Milk Optional: Hard Boiled Egg, Hot Sauce, Ketchup National Write a Letter to an Elder Day!</p>	<p>27 Breakfast Homemade Breakfast Muffins, Cheese Stick, Apple & Milk Lunch Tomato Soup w/Grilled Cheese, Side Salad, Frozen Fruit Side Kick, & Milk Optional: Sour Cream "Let it be simple, let it be with I OVF"</p>	<p>Pecos ISD Nutrition Website  </p>

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

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