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Pecos ISD Nutrition Website.

<https://canva.link/617pvomovufnszy>

Adult Breakfast
\$3.00
Adult Lunch
\$5.00



Sunday	Monday	Tuesday	Wednesday	Nuevo Thursdays	Friday	Saturday
Salad Options Middle/High School: Optional Salad Bar Monday–Wednesday. Elementary School: Optional Salads Monday–Wednesday.	Mondays: Chef's Salad w/ Lettuce, Tomato, Carrots, Cucumber, Cheddar Cheese, Hard Boiled Egg, Diced Chicken/Turkey/Ham, Croutons, Sunflower Seeds, & Variety of Dressings Tuesdays: Italian Style Salad w/Lettuce, Tomato, Carrots, Cucumber, Mozzarella Cheese, Pepperoni, Olives, and a Variety of Dressings Wednesdays: Southwest Salad w/Lettuce, Tomato, Corn, Black Beans, Cheddar Cheese, Variety of Dressings					
				1	2	3
Thank you Custodians. Our school shines because of you!						
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 Monday - Wednesday Elementary School Salad Monday - Wednesday			 October is National Apple Month 	Breakfast Pancakes, Sausage Links, Cheese Stick, Apple, & Milk Condiments: Butter & Syrup Lunch Green Chicken Enchiladas, Calabacitas, Ambrosia Fruit Cocktail & Milk 	Breakfast Muffin, Cheese Stick, Fruit Juice & Milk Lunch Turkey & Cheese Wrap, Lettuce, Tomato, Baby Carrots w/Ranch, Chips, Frozen Fruit Cup, & Milk	
4	5	6	7	8	9	10
	Breakfast French Toast, Sausage Links, Kiwi, & Milk Lunch DQ inspired Chicken Strip Basket, Fries, Corn on the Cob, Hot Cinnamon Apples, & Milk Condiments: BBQ Sauce, Gravy, Butter	Breakfast Egg Sandwich, Hash Browns, Cheese Stick, Apple, & Milk Condiments: Hot Sauce, Ketchup Lunch Spaghetti, Side Salad, Garlic Bread, Banana Pudding, Juice, & Milk	Breakfast Yogurt Parfait w/Mixed Berries, Granola, Fruit Juice, & Milk Lunch Beef & Pinto Bean Frito Pie, Lettuce & Tomato Mix, Mandarin Oranges, & Milk. Optional: Jalapenos, Sour Cream 40th Day Celebration!	Breakfast English Muffin, Sausage Patty, Cheese Stick, Apple, & Milk Optional: Butter, Jam Lunch Ground Beef, Potato, Cheese & Green Chile Burrito, Corn, Jello w/Mixed Fruit, & Milk End of Grading Period		
11	12	13	14	15	16	17
		Breakfast Hashbrown & Egg Casserole, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Pepperoni Pizza, Side Salad w/Lettuce, Tomato, & Carrot Mix, Apple Cobbler, Juice, & Milk	Breakfast Yogurt Banana Split w/Banana, Mixed Berries, & Granola, Cheese Stick, Fruit Juice, & Milk Lunch Chipotle Inspired Bowl w/Rice, Ground Beef, Beans, Corn, Cheese, Lettuce & Tomato, Mandarin Oranges, & Milk Optional: Salsa, Jalapenos,	Breakfast Biscuit & Gravy w/Sausage Crumbles, Cheese Stick, Apple, & Milk Optional: Hot Sauce Lunch Chicken Fajitas w/Bell Peppers and Onion Mix Tortilla, Corn, Ambrosia Fruit Salad, & Milk Optional: Salsa, Sour Cream	Breakfast Banana Bread, Cheese Stick, Fruit Juice & Milk Optional: Syrup, Butter Lunch Ham & Cheese Sandwich, Pickle, Carrot Sticks, Chips, Frozen Fruit Cup, & Milk Optional: Ranch Dressing	 Submit Your Feedback
18	19	20	21	22	23	24
	Breakfast Breakfast Croissant, Gogurt, Grapes, & Milk Lunch Hot Dog, Potato Salad, Chips, Hot Cinnamon Apples, & Milk 	Breakfast Sausage, Potato & Egg Breakfast Bowl, Toast, Apple, & Milk Optional: Butter, Jam, Hot Sauce, Ketchup Lunch Lasagna, Garlic Bread, Roasted Vegetables, Mixed Berries over Pound Cake, Juice, & Milk	Breakfast Yogurt Bowl w/Mixed Berries, & Granola, Cheese Stick, Fruit Juice, & Milk Lunch Super Nachos w/Beef & Pinto Beans, Lettuce & Tomato Mix, Apricots, & Milk. Optional: Jalapenos	Breakfast Which Wich inspired Bagel w/Cream Cheese, Sprouts & Turkey Bacon, Apple, & Milk Optional: Cereal Lunch Red Chicken Enchiladas, Hominy, Side Salad, Jello w/Mixed Fruit, & Milk 	Breakfast Cinnamon Rolls, Cheese Stick, Fruit Juice, & Milk Lunch Cheeseburger, Lettuce, Tomato, Pickles, Chips, Frozen Fruit Cup, & Milk Condiments: Mustard, Ketchup, Mayonnaise	
25	26	27	28	29	30	
	Breakfast Pancake on a Stick, Cheese Stick, Grapes, & Milk Optional: Syrup Lunch Chicken Wings, Side Salad w/Lettuce, Tomato, & Carrot Mix, Applesauce, & Milk Condiments: Dressing Variety, BBQ Sauce, Hot Sauce	Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup Lunch Chicken Parmesan w/Mozzarella, & Tomato Base Sauce on Ciabatta Bread, Cooked Spinach, Chips, Frozen Fruit Cup, & Milk Optional: Banana Peppers	Breakfast Yogurt & Fruit Dip Plate w/fresh Blueberries, Strawberries, & Grapes, Granola, Cheese Stick, & Milk Lunch Salisbury Steak w/brown gravy, Mashed Potatoes, Mixed Vegetables, Roll, Peach Crisp, Fruit Juice & Milk Optional: Hot Sauce	Breakfast Biscuit, Sausage Patty, Cheese Stick, Grapes, & Milk Optional: Jam, Butter, Lunch Beef & Bean Taco Salad, Lettuce & Tomato Mix, Ambrosia Fruit Salad, & Milk Optional: Jalapenos, Salsa, Sour Cream	 No School Special Education Parent Training Opportunity 1:00 - 2:00	

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

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