

|  www.pecos.k12.nm.us |  | | <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. 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. Elementary School: Optional salad available Tuesday–Friday Middle/High School: Optional salad bar available Tuesday–Friday</p> | | | |
|--|--|--|--|---|--|--|
| Sunday | | Tuesday | Wednesday | Thursday | Friday | Saturday |
| <p>Middle/High School Lunch will include an optional Salad Bar Tuesday–Thursday, featuring a wide variety of fresh ingredients. Options may include:</p> <p>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</p> | |  <p>“YOUR FUTURE SELF WILL THANK YOU FOR THE WORK AND EFFORT THAT YOU PUT IN TOWARDS YOUR DREAMS TODAY.”</p> | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <p>IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND</p> | <p>Professional Development Day</p> <p>NO SCHOOL FOR STUDENTS</p> | <p>Breakfast Cereal, Cheese Stick, Toast, Juice, & Milk Optional: Butter & Jam</p> <p>Lunch Tomato Soup, Grilled Cheese, Green Beans, Fruit Cup, & Milk Optional: Sour Cream, Jalapenos</p> <p>NO SALAD BAR</p> | <p>Breakfast Sweetened Oatmeal, Toast, Cheese Stick, Orange, & Milk Optional: Butter, Fruit Jam, Cinnamon, Raisins</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, Calabacitas, Roll, Apple Crisp, & Milk Optional: Sour Cream</p> | <p>Breakfast Homemade Oatmeal Muffin Squares, Cheese Stick, Apple & Milk Optional: Butter</p> <p>Lunch Hamburgers, Lettuce, & Tomato, Tater Tots, Mandarin Oranges & Milk. Condiments: Ketchup, Mustard, Mayonnaise Optional: Cheese & Pickles</p> |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  <p>Submit your Feedback</p> | <p>Breakfast Apple Turnover, Cheese Stick, Orange, & Milk Optional: Cereal</p> <p>Lunch Sloppy Joe Sandwich, Pickles, Side Salad, Chips, Hot Cinnamon Apples, & Milk Optional: Hot Sauce</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 Salisbury Steak, Mashed Potatoes, Mixed Vegetables, 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: Salsa, Jalapenos</p> | <p>Breakfast Homemade Banana Bread, Cheese Stick, Apple & Milk Optional: Butter</p> <p>Lunch Taco Soup, Corn Chips, Carrot Sticks, Fruit Cocktail, & Milk Optional: Sour Cream, Jalapenos, Cheese</p> | <p>DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR</p> |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| <p>READING is to the MIND what exercise is to the BODY.</p> <p>READ</p> |  <p>MARTIN LUTHER KING DAY</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/Beef, Pinto Beans, Lettuce & Tomato Mix, Fruit Cake, & Milk. Optional: Cheese, Jalapenos, & Sour Cream</p> | <p>Breakfast Bagel, Sausage Links, Cheese Stick, Grapes, & Milk Optional: Cream Cheese, Jam, Butter</p> <p>Lunch Red Chicken Enchiladas, Hominy, Side Salad, Ambrosia Fruit Salad, & Milk</p> | <p>Breakfast Homemade Cinnamon Roll, Cheese Stick, Apple & Milk</p> <p>Lunch Beefy Vegetable Soup, Saltine Crackers, Side Salad, Pear Crisp, & Milk Optional: Cheese, Sour Cream</p> | <p>What's a spider's New Year's resolution?</p> <p><i>To spend less time on the web.</i></p> |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| <p>Pecos ISD Nutrition Website</p>  | <p>Breakfast Pancakes on a Stick, Gogurt, Orange, & Milk Optional: Butter, Syrup</p> <p>Lunch Pizza, Side Salad, Applesauce, & Milk Optional: Dressings</p> | <p>Breakfast Breakfast Burrito with Egg, Ham, & Potatoes, Apple, & Milk Optional: Salsa, Hot Sauce, Ketchup</p> <p>Lunch Hot Shredded Turkey w/brown gravy over Mashed Potatoes, Roll, Corn, Mandarin Oranges & Milk Optional: Hot Sauce</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 Red Pork Tamales, Pinto Beans, Side Salad, Fruit Cocktail, & Milk Optional: Ketchup</p> | <p>Breakfast Homemade Breakfast Muffins, Cheese Stick, Apple & Milk</p> <p>Lunch Chicken Noodle Soup, Whole Grain Goldfish Crackers, Carrot Sticks, Frozen Fruit Side Kick, & Milk</p> |  <p>This menu is subject to change based on availability.</p> |

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

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