








# October 2024

[www.pecos.k12.nm.us](http://www.pecos.k12.nm.us)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A variety of milk options including milk alternatives are available.</p> <p>ALL Breakfast Meals include Fresh Fruit or 100% Fruit Juice &amp; Milk. Cereal is available as an Option.</p> <p>2-hr Delay Breakfast Cereal, Fresh Fruit, Cheese Stick or Yogurt, &amp; Milk</p> <p>Lunch Meals include a Fruit, Fruit Dessert, or Fruit Juice &amp; Milk.</p>		<p>1</p> <p>Breakfast Carrot &amp; Zucchini Muffin, Cheese Stick, Apple, &amp; Milk</p> <p>Lunch Beef &amp; Bean Taco Salad w/Lettuce &amp; Tomato, Mandarin Cup, &amp; Milk Optional: Cheese &amp; Jalapenos, Salsa, &amp; Sour Cream</p>	<p>2</p> <p>Breakfast Ham &amp; Egg Scramble w/Toast, Apple, &amp; Milk</p> <p>Lunch Hot Dog, Potato Salad, Chips, Peaches &amp; Cream Dessert, &amp; Milk Condiments: Ketchup, Mustard, Relish</p> <p>Custodian's Day!</p>	<p>3</p> <p>Breakfast English Muffin, Sausage Patty, Cheese Stick, Orange, &amp; Milk Optional: Butter, &amp; Fruit Jam</p> <p>Lunch Baked Chicken, Potatoes, Corn, Vanilla w/Berry Mix Yogurt Dessert, &amp; Milk</p>	<p>4</p> <p>Breakfast Cinnamon Roll, Cheese Stick, Banana &amp; Milk.</p> <p>Lunch Turkey Sandwich w/Cheese, Lettuce &amp; Tomato, Chips, Fruit Cup &amp; Milk Condiments: Mayonnaise &amp; Ketchup</p> <p>National Cinnamon Roll</p>	<p>5</p> <p>National Be Nice Day!</p> 
	<p>6</p>  <p>NATIONAL FIRE PREVENTION WEEK OCTOBER 6-13</p>	<p>7</p> <p>Breakfast Pancakes on a Stick, Cheese Stick, Banana, &amp; Milk</p> <p>Lunch Spaghetti, Side Salad, Garlic Bread, Applesauce, &amp; Milk Condiments: Ranch</p>	<p>8</p> <p>Breakfast Biscuit &amp; Gravy, Apple, &amp; Milk</p> <p>Lunch Beef &amp; Bean Frito Pie w/Cheese, Lettuce &amp; Tomato Mix, Peaches &amp; Cream, &amp; Milk</p> <p>National Heroes' Day</p>	<p>9</p> <p>Breakfast Oatmeal Bars, Cheese Stick, Apple, &amp; Milk</p> <p>Lunch Pizza, Celery &amp; Carrot Sticks, Apple Cobbler, &amp; Milk Optional: Ranch Dressing</p> <p>40th Day Ice Cream Celebration!</p>	<p>10</p> <p>Breakfast Banana Bread, Cheese Stick, Orange, &amp; Milk</p> <p>Lunch Fajitas w/Bell Peppers &amp; Onion, Spanish Rice, Tortilla, Fruit Gelatin, &amp; Milk</p> <p>Optional: Salsa &amp; Sour Cream</p>	<p>11-14</p> <p><b>Fall Break</b></p> <p><b>No School October</b></p>
<p>13</p> <p><b>No School</b></p>		<p>14</p>	<p>15</p> <p>Breakfast Breakfast Pizza, Apple, &amp; Milk</p> <p>Lunch Beef &amp; Bean Burrito, Posole, Side Salad, Fruit, &amp; Milk</p> <p>Optional: Cheese, Red Chile, &amp; Sour Cream</p>	<p>16</p> <p>Breakfast Bagels, Cheese Stick, Apple, &amp; Milk Optional: Cream Cheese, Butter, Fruit Jam</p> <p>Lunch Hamburgers, Lettuce, Tomato, Sweet Potato Fries, Oat Pear Crisp, &amp; Milk Optional: Cheese, &amp; Pickles, Ketchup, Mustard</p> <p>National Boss's Day!</p>	<p>17</p> <p>Breakfast Egg, Potatoes, &amp; Cheese Burrito, Orange, Milk</p> <p>Lunch Chicken Quesadillas, Corn, Side Salad, Strawberry &amp; Kiwi Dessert Cup, &amp; Milk Optional: Sour Cream &amp; Salsa</p>	<p>19</p> <p><b>Riddle:</b> I am easy to lift</p>
<p>20</p> <p><b>S is for Spider</b></p> 		<p>21</p> <p>Breakfast French Toast, Yogurt, Banana, &amp; Milk</p> <p>Lunch Sloppy Joe, Coleslaw, Graham Crackers, Applesauce, &amp; Milk</p> 	<p>22</p> <p>Breakfast Egg &amp; Cheese Biscuit, Apple, &amp; Milk</p> <p>Lunch Green Chile Chicken Enchiladas, Whole Beans, Side Salad, Mandarin Oranges, &amp; Milk Condiment: Ranch</p>	<p>23</p> <p>Breakfast Cheese Quesadilla w/ Ham, Apple &amp; Milk Optional: Salsa</p> <p>Lunch Corn Dogs, Tater Tots, Side Salad, Spiced Apple Cake, &amp; Milk Condiments: Ranch, Mustard, Mayonnaise, &amp; Ketchup</p>	<p>24</p> <p>Breakfast Sausage Biscuit, Orange, &amp; Milk</p> <p>Lunch Super Nachos, w/Beans &amp; Beef, Lettuce &amp; Tomato, Mixed Berries over Pound Cake, &amp; Milk Optional: Jalapenos</p>	<p>26</p> <p><b>No School</b></p> <p>Parent-Teacher Conferences</p>  <p>to throw</p>
<p>27</p> <p>Submit your feedback. Scan the QR code.</p>  <p><a href="https://forms.gle/y9sxUs">https://forms.gle/y9sxUs</a></p>	<p>28</p> <p>Breakfast Oatmeal Bars, Yogurt, Banana, &amp; Milk</p> <p>Lunch Potato &amp; Beef Burrito, Calabacitas, Graham Crackers, Applesauce, &amp; Milk Condiments: Salsa &amp; Sour Cream</p>	<p>29</p> <p>Breakfast Breakfast Burrito w/Sausage, Potatoes &amp; Cheese, Apple, &amp; Milk</p> <p>Lunch Pizza, Side Salad, Fruit &amp; Milk Optional: Ranch Dressing</p>	<p>30</p> 	<p>31</p> <p>Breakfast Pumpkin Bread, Cheese Stick, Orange, &amp; Milk.</p> <p>Lunch Beef w/gravy, Mashed Potatoes &amp; Corn, Fruit, &amp; Milk Optional: Cheese &amp; Red Chile</p>	<p><b>Our School Sparkles because of YOU!</b></p> <p><b>Custodian's Day</b></p> <p><b>October 2</b></p>	

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the United States Department of Education has...

Cell: A1

Comment: Can we change oct 17 breakfast to breakfast cake and lunch to chicken Quesadillas?

Oct 8 breakfast to oatmeal/sausage links.

Oct 31 breakfast to pumpkin muffins.

Switch Oct 1 - Oct 16 breakfast?

-Kristina McMillen