

POWELL COUNTY SCHOOLS

BREAKFAST MENU 2018-19

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choice of One: Sausage on Biscuit Cereal Strawberry Smash Yogurt Chocolate Donuts Pop Tarts</p> <p>Choose One: Chilled Juice Sliced Apples</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Breakfast Pizza Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: French Toast Sticks w/ syrup cup Cereal Vanilla Crush Yogurt Pop Tarts</p> <p>Choose One: Chilled Juice Fresh Apple</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Eggstravaganza & Toast Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Biscuit & Gravy Cereal Strawberry Smash Yogurt Powdered Donuts Pop Tarts</p> <p>Choose One: Chilled Juice Bananas</p> <p>Healthy Milk Choice</p>
WEEK 2	<p>Choice of One: Pancake on a stick w/ syrup cup Cereal Strawberry Smash Yogurt Pop Tarts</p> <p>Choose One: Chilled Juice Sliced Apples</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Chicken on Biscuit Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Egg Omelet/Maple Pancakes Cereal Vanilla Crush Yogurt Pop Tarts</p> <p>Choose One: Chilled Juice Fresh Apple</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Egg & Cheese Sandwich Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Hot ham n' Cheese on croissant Cereal Strawberry Smash Yogurt Chocolate Donuts Pop Tarts</p> <p>Choose One: Chilled Juice Bananas</p> <p>Healthy Milk Choice</p>
WEEK 3	<p>Choice of One: Grape or Chocolate Crescent Cereal Strawberry Smash Yogurt Pop Tarts</p> <p>Choose one: Chilled Juice Sliced Apples</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Sausage on Biscuit Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Glazed or Chocolate Donut Cereal Vanilla Crush Yogurt Pop Tarts</p> <p>Choose One: Chilled Juice Fresh Apple</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Bacon, Egg,& Cheese Biscuit Cereal Donut Holes Pop Tarts</p> <p>Choose One: Chilled Juice Applesauce</p> <p>Healthy Milk Choice</p>	<p>Choice of One: Funfetti mini Pancakes w/Syrup Cup Cereal Strawberry Smash Yogurt Pop Tarts</p> <p>Choose One: Chilled Juice Bananas</p> <p>Healthy Milk Choice</p>

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL					MAY							
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F			
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27	28	29	30	31						29	30	31				26	27	28	29	30	31					28	29	30	31		25	26	27	28		25	26	27	28	29	30				27	28	29	30	31			

POWELL COUNTY SCHOOLS PCMS LUNCH 2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choose One Entrée: "Dill"icious Chicken Patty Spicy Chicken Patty Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Seasoned Corn Fresh Trimmings Broccoli Dippers w/Ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Café' Burger or BBQ Bun Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Seasoned Fries Baked Beans Fresh Trimmings Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Pirate Personal Pan Pizza or Mexican Pizza Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Garden salad w/Dressing Cucumbers w/ Ranch Cherry Slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Popcorn Chicken w/Roll Asian Popcorn Chicken w/Roll Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Glazed Carrots Spinach & Mandarin Orange Salad Asian Brown Rice Vegetable Egg Roll Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Penne Pasta Bar Cheese or Meat Sauce Twisted Garlic Breadstick Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli Baby Carrots w/ Ranch Triple Chocolate Cookie Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 2	<p>Choose One Entrée: Chicken Fajita Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Sweet Kernel corn Salsa Cup Refried Bean Melt Peppers/Onions Broccoli Dippers w/Ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Salisbury Steak or Meatloaf/ w Roll Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes w/Gravy Peas Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Hot Dog/ chili or Mozzarella Sticks Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Curley fries Baked Beans Cole Slaw Strawberry kiwi slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Boneless Wings (mild/spicy) Biscuit Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Baby Baker Potatoes Green Beans Celery/Broccoli/Carrots wRanch Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Beefy Rotini Twisted Garlic Breadstick Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli/cheese Garden Salad w/Dressing California Blend Veggies Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 3	<p>Choose One Entrée: Cheezy Bread w/Marinara (Dec-Feb) Papa John's (Aug-Nov) (Mar-May) Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Garden Salad w/Dressing Tomato/Cucumber w/ Dip Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fiesta Taco w/Tostitos Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Shredded Lettuce/Tomatoes Shredded Cheese/Queso Refried Bean Melt Salsa/Sour Cream Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fish sticks Mini cornbread Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Macaroni & Cheese Brown Beans Diced Potatoes Blue Raspberry slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fried Chicken/ Waffle/Syrup Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes Green Beans Fresh Pepper Medley Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Smoked Turkey Club Sandwich Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Baked Chips Lettuce, tomato, cucumbers, banana peppers Broccoli Dippers w/ranch Baby Carrots w/ Ranch Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>

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