


Pocahontas County Schools
March Breakfast and Lunch Menu
National Breakfast Week, March 4-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				8
4	5	6	7	8
<p>*Banana Bread *Cereal *Fruit</p> <p>Chicken Noodle Soup*** Sunbutter/Jelly Sandwich*** Veggie*** Fruit***</p>	<p>*Chicken Biscuit *Cereal *Fruit</p> <p>Hot Ham/Cheese Wrap *** Broccoli*** Baked Chips*** Steamed Carrots*** Fruit***</p>	<p>* Pumpkin Bread *Cereal *Fruit Cup</p> <p>BBQ Chicken*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<p>*Scrambled Eggs *English Muffin *Cereal *Fruit</p> <p>Cheeseburger*** Baked Beans*** Potato Salad*** Fruit***</p>	<p>*Pretzel w/ Cheese *Cereal *Fruit</p> <p>Catfish on a Bun*** Fresh Veggies*** Bread Stick*** Fruit***</p>
11	12	13	14	15
<p>Breakfast will be odds and ends to clean out our freezer</p> <p>Beef bean burrito*** Lettuce, tomato, onion salsa, sour cream Sweet Potato*** Fruit***</p>	<p>*Sausage Sandwich *Cereal *Fruit</p> <p>Chicken Pot Pie*** Mixed Vegetables*** Mashed Potatoes*** Fruit***</p>	<p>*Biscuit w/Gravy *Cereal *Fruit Cup</p> <p>Meatball Sub*** Buttered Red Potatoes*** Veggies*** Side Kicks***</p>	<p>* COOK'S CHOICE</p> <p>Chicken Nuggets*** Broccoli*** Fries*** Lime Sherbet Fruit***</p>	<p>Apple Breadstick *Cereal *Fruit Cup</p> <p>Pizza*** Cheesy California Blend*** Macaroni Salad*** Fruit***</p>
18	19	20	21	22
<p>*Zucchini Bread *Cereal *Pears</p> <p>Chicken Fajita Wrap*** Spanish Rice*** Lettuce, tomato, onion, sour cream Black Bean Salsa*** Fruit***</p>	<p>*Sausage Patty *Biscuit *Cereal *Fruit</p> <p>Philly Cheese Steak Sub*** Peppers/Onions*** Potato*** Fruit***</p>	<p>*Cherry Frudel *Cereal *Fruit</p> <p>Lasagna*** Romaine Salad*** Fresh Veggies*** Breadstick*** Pineapple***</p>	<p>*Cinnamon Roll *Cereal *Fruit</p> <p>Hot Dog w chili*** French Fries*** Baked Beans*** Fresh Veggies*** Fruit***</p>	<p>*Pretzel w/ Cheese *Cereal *Fruit</p> <p>Chicken Quesadilla*** Lettuce, tomato, onion salsa, sour cream Corn *** Veggie*** Fruit***</p>
25	26	27	28	29
<p>*Chocolate Chip Bar *Cereal *Pear</p> <p>Ham/Cheese Hot Pocket *** Tater Tots*** Peas*** Fruit***</p>	<p>*Blueberry Muffin *Cereal *Fruit</p> <p style="text-align: center;">Cook's Choice</p>	<p>*Yogurt Parfait *Cereal *Blueberries</p> <p>Salisbury Steak*** Mashed Potatoes*** Green Beans*** Roll*** Fruit***</p>	<p>*Chicken Biscuit *Cereal *Fruit</p> <p>Chicken Caesar Salad*** Boiled Egg*** French Fries*** Bread Stick*** Roasted Sunflower Seeds Fruit*****</p>	<p>* Cook's Choice *Cereal *Fruit</p> <p>Beef Taco *** Corn *** Cheese/Lettuce/Tomato/Onion/ Salsa/Sour Cream Refried Beans*** Fruit***</p>

Yogurt and Milk offered for Breakfast-Daily. Variety of Milk offered for Lunch Daily.

*Breakfast Students must take a fruit and 2 other * items.
 Lunch *** Students must take a fruit or a vegetable and 2 other *** items.

<https://www.fns.usda.gov/tn/blast-game>