

POCAHONTAS COUNTY SCHOOLS
September Breakfast and Lunch Menus 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right"><u>2</u></p> <p>Labor Day Holiday No School</p> 	<p align="right"><u>3</u></p> <p>*Apple Stick *Cereal *Craisins</p> <p>Philly Cheese Steak/Hoagie*** Pepper & Onion Stir fry*** Cookie Applesauce***</p>	<p align="right"><u>4</u></p> <p>*Bagel w/Cream Cheese *Cereal *Strawberry Cup</p> <p>Meatloaf *** Mashed Potatoes*** Roll *** Green Beans *** Fruit ***</p>	<p align="right"><u>5</u></p> <p>*Coco Puff Bar *Cereal *Mixed Fruit</p> <p>Pepperoni Roll*** Macaroni & Cheese*** Peas*** Fruit***</p>	<p align="right"><u>6</u></p> <p>*Egg/Sausage Biscuit *Cereal *Orange</p> <p>Sloppy Joe*** Baked Beans *** Coleslaw *** French Fries*** Fresh Broccoli*** Fruit***</p>
<p align="right"><u>9</u></p> <p>*Zucchini Bread *Cereal *Fruit</p> <p>Chicken Chimichanga*** Mixed Vegetables*** Great Northern Beans*** Red Grapes ***</p>	<p align="right"><u>10</u></p> <p>*Pop tart *Cereal *Fruit</p> <p>Turkey/Cheese Sub*** Corn*** Fresh Veggies*** Fruit***</p>	<p align="right"><u>11</u></p> <p>*Apple Frudel *Cereal *Fruit</p> <p>Drum Stick*** Romaine/Spinach Salad w Tomatoes*** Homemade Croutons*** Mashed Potatoes*** Mixed Berries***</p>	<p align="right"><u>12</u></p> <p>*Bacon/Egg/Cheese Pizza *Cereal *Applesauce</p> <p>Caesar Salad*** Popcorn Chicken*** Cheesy Breadstick*** Sweet Potato Waffle Fries*** Brownie Fruit***</p>	<p align="right"><u>13</u></p> <p>*Smoothie/Parfait *Cereal *Grapes</p> <p>Meatball Sub***, *** Sweet Potato Patty*** Cucumbers, Celery, Carrots w/ ranch*** Mixed Fruit***</p>
<p align="right"><u>16</u></p> <p>* Sausage Patty *Biscuit *Cereal *Fresh Sliced Fruit</p> <p>Tangerine Chicken*** Brown Rice/Veggies*** Cheesy Breadstick*** Spinach/Strawberry Salad*** Fruit***</p>	<p align="right"><u>17</u></p> <p>*Homemade Blueberry Square *Cereal *Banana</p> <p>Pork Patty*** Mashed Potatoes*** Gravy Green Beans*** Breadstick*** Fruit***</p>	<p align="right"><u>18</u></p> <p>*Pretzel w/Cheese *Cereal *Fruit Cup</p> <p>Chicken Taco Round*** Black Bean Salsa*** Tomato/Lettuce/Sour Cream Spanish Rice*** Corn*** Cake(Birthday) Fruit***</p>	<p align="right"><u>19</u></p> <p>*Cherry Strudel *Cereal *Oranges</p> <p>Lasagna*** Romaine Salad*** Broccoli*** Roll*** Fruit***</p>	<p align="right"><u>20</u></p> <p>*Sausage Pizza *Cereal *Fruit</p> <p>BBQ Chicken Wrap*** Quick Baked Potatoes*** Corn*** Peaches***</p>
<p align="right"><u>23</u></p> <p>*Banana Bread Slice *Cereal *Applesauce</p> <p>Chicken Wrap*** Brown Rice Fresh Stir Fry Vegetables*** Applesauce***</p>	<p align="right"><u>24</u></p> <p>* Belgian Waffle *Cereal *Fruit</p> <p>Eggs*** Sausage patty*** Biscuit*** Hash Brown*** Orange Birthday Cake</p>	<p align="right"><u>25</u></p> <p>*Pretzel w/ Cheese sauce *Cereal *Fruit</p> <p>Cheese Quesadilla*** Black Bean Salsa Corn*** Sweet Potato Fries*** Apple***</p>	<p align="right"><u>26</u></p> <p>*Bacon/Egg Cheese Wrap *Cereal *Oranges</p> <p>Spaghetti W/ Meat sauce *** Fresh Broccoli *** WW Roll *** w/ butter Fresh Peach ***</p>	<p align="right"><u>27</u></p> <p>*Pancake Sausage on a Stick *Cereal * Fruit</p> <p>Bacon Cheeseburger*** Lettuce/Tomato/Onion Ketchup/Mayo/Mustard California Blend *** Oven Fries*** Mixed Fruit Cups***</p>
<p align="right"><u>30</u></p> <p>*Zucchini Bread *Cereal *Apple</p> <p>Chicken Nuggets*** Fresh Carrots *** Oven Fries*** Bread Stick *** Fresh/Mixed Fruit ***</p>				

**Students must take a *Fruit or Juice and two other items* for breakfast! Milk and Yogurt offered daily.
Students must take a Fruit or a Vegetable*** and two other items *** for lunch! Milk offered daily.**