

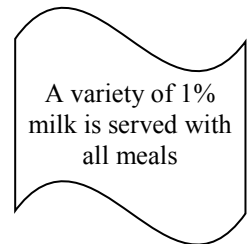
October 2019

Elementary Breakfast \$1.95
 PCMS/PCHS Breakfast \$1.95
 Adult Breakfast \$2.00
 Reduced Breakfast \$0.30

Elementary Lunch \$2.65
 PCMS/PCHS Lunch \$2.95
 Adult Lunch \$4.00
 Reduced Lunch \$0.40

Extra Milk \$0.50

Mon	Tue	Wed	Thu
	1 Breakfast Pizza or Cereal Assorted Fruit	2 Bagels & Cream Cheese or Cereal Assorted Fruit	3 Biscuits & Gravy or Cereal Assorted Fruit
	Chicken Sandwich Sweet Potato Fries Assorted Fruit	Taco Sticks Green Salad & Carrots Assorted Fruit	Hamburgers French Fries Assorted Fruit
7 Pancake on a Stick or Cereal Assorted Fruit	8 Breakfast Burrito or cereal Assorted Fruit	9 Omelets, Graham Crackers or Cereal Assorted Fruit	10 Biscuits and Gravy or Cereal Assorted Fruit
Enchiladas Refried Beans Assorted Fruit	Chicken Drumsticks Mashed Potatoes & Gravy, Roll Assorted Fruit	Burritos Cole Slaw, Choc. Chip cookie Assorted Fruit	Pizza Green Salad and Carrots assorted fruit
14 Waffles & Sausage or Cereal Assorted Fruit	15 Egg & Cheese Muffin Assorted Fruit	16 Bagel & Cream Cheese Assorted Fruit	17 Pancake on a Stick Assorted Fruit
Popcorn Chicken Sweet Potato Puffs Assorted Fruit	Pizza Green Romaine Salad Assorted Fruit	Hamburgers French Fries & Celery Sticks Assorted Fruit	Chicken Sliders Baked Beans, chips Assorted Fruit
21 French Toast Sticks Assorted Fruit	22 Breakfast Burrito Assorted Fruit	23 Cinnamon Rolls or Cereal Assorted Fruit	24 Sausage Biscuit Assorted Fruit
Grilled Cheese Tator Tots Assorted Fruit	General Chicken Rice Bowl Green Beans Assorted Fruit	Beef Nachos Refried Beans Assorted Fruit	Pizza Green Romaine Salad & Carrots assorted fruit
28 Blueberry Muffin Mixed Fruit	29 Bagel & Cream Cheese or Cereal Assorted Fruit	30 Breakfast Burrito or Cereal Assorted Fruit	31 Biscuits & Gravy or Cereal Assorted Fruit
Hamburger Sweet Potato Fries Assorted Fruit	Tangerine Rice Bowl Broccoli & Cauliflower Assorted Fruit	Chicken Strips French Fries & Graham Crackers Assorted Fruit	Taco Stick Refried Beans, Churro Assorted Fruit



Your family may be eligible for free and reduced meals. Please complete an application today. Applications are available at every school.

**Our Menu has zero grams of trans fat!! We DO NOT DEEP FRY any of our foods.

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