

Menu is subject to change without notice

September 2019

Pershing County School District

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

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

Extra Milk \$0.50

Mon	Tue	Wed	Thu
2 No School	3 Breakfast Burrito or Cereal Assorted Fruit <hr/> Popcorn Chicken Mashed Potatoes & Gravy, dinner roll Assorted Fruit	4 Pancake on a stick or Cereal Assorted Fruit <hr/> Teriyaki Rice Bowl Broccoli/Cauliflower Blend Assorted Fruit	5 Sausage Biscuit or Cereal Assorted Fruit <hr/> Pizza Green Salad & Carrots assorted fruit
9 Bagels & Cream Cheese Or Cereal Assorted Fruit <hr/> Chicken Strips & French Fries Sugar Cookie Assorted Fruit	10 Biscuits & Gravy or Cereal Assorted Fruit <hr/> Chicken Pasta Bake & Breadstick Broccoli Assorted Fruit	11 French Toast Sticks or Cereal Assorted Fruit <hr/> Sub Sandwich Vegetable Soup & Carrots Assorted Fruit	12 Cinnamon Rolls or Cereal Assorted Fruit <hr/> Chalupas Refried Beans Assorted Fruit
16 Waffles & Sausage or Cereal Assorted Fruit <hr/> Chicken Strips Smashed Cauliflower Assorted Fruit	17 Sausage, Egg & Cheese Muffin or Cereal Assorted Fruit <hr/> Chicken Alfredo, Bread stick Green Salad, carrots Assorted Fruit	18 Bagel & Cream Cheese or Cereal Assorted Fruit <hr/> Hamburgers French Fries Assorted Fruit	19 Pancake on a Stick or Cereal Assorted Fruit <hr/> Sub Sandwich Baked Beans Assorted Fruit
23 French Toast Sticks or Cereal Assorted Fruit <hr/> Soft Tacos Refried Beans & Churro Assorted Fruit	24 Breakfast Burrito or Cereal Assorted Fruit <hr/> Chicken Pot Pie Corn Assorted Fruit	25 Cinnamon Roll or Cereal Assorted Fruit <hr/> Hot Ham and Cheese Smashed Cauliflower Assorted Fruit	26 Sausage Biscuit or Cereal Assorted Fruit <hr/> Pizza Green Salad & Carrots assorted fruit
30 Muffin or Cereal Cheese Stick, Assorted Fruit <hr/> Chicken Fajitas Refried Beans, Assorted Fruit			

A variety of 1% milk is served with all meals

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.**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights [1400 Independence Avenue, SW Washington, D.C. 20250-9410](https://www.usda.gov/office-of-civil-rights); (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov