

## 2022 Pocahontas High School memu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily choices include Main dish, Hamburger, Pizza, Chick sand, grilled, hot & spicy, brd Chicken Nuggets, Burrito, Corn Dog, daily veggies, salad bar & condiments	1. Beef Steak Strips Mashed Potatoes /gravy Carrot Coins Fruit Hot Roll Milk	2. Dr. Seuss Day Green Eggs & Ham Tater tots Pineapple/GreenJello Biscuit & Gravy Milk	3. National Cold Cuts	4. Fish Sticks Quick Baked Potato Cole Slaw Hot Roll Fruit Milk
7. <u>National Cereal Day</u> Redskin Café Bacon Cheeseburger French Fries Sandwich Salad cup Fruit Milk	8. Taco Tuesday Walking Taco Lettuce/tomato Salsa Refried Beans Cinnamon roll Applesauce /Milk	9. Waffleicious Wednesday Chicken Tenders Waffles & Syrup Waffle French Fries Mandarin Oranges Milk	10. <u>National Ranch</u> <u>Dressing Day</u> Pizza Romaine Salad Lite Ranch Green Beans Fruit & Milk	11. Fish Sandwich Cole slaw Sweet Potato Fries Pickle Spear Fruit Milk
14. <u>National Potato</u> <u>Chip Day</u> Chili Frito Pie Broccoli/Carrot Stix Ranch Dip Fruit Crackers Milk	15 Chicken Stir Fry Veggies Rice Cherry Tomatoes Fruit Fortune Cookie Milk	16 <u>Breakfast Bowl</u> Ham Egg Cheese Tater Bowl Biscuit Juice Milk	17. Happy St. Patrick's Day Quesadilla Salsa Seasoned Beans Fruit Milk	18 <u>.National Sloppy Joe</u> <u>Day</u> Sloppy Joe Sandwich French Fries Pickle Spear Fruit Milk
				Spring Break!
28. Taco Burger Lettuce/Tomato Salsa Refried Beans Fruit Milk	29. BBQ Nachos Baked Beans Cole Slaw Fruit Milk	30. Calzone Marinara Sauce Romaine Salad Ranch Fruit Milk	31. Chicken Philly Sandwich Sandwich Veggies French Fries Pickle Spear Fruit Milk	This institution is an equal opportunity provider.
Veggies are TOPS.  Monday: Breakfast Pizza, Juice, Fruit, Milk Tuesday: Cereal Bar, String Cheese Juice, Fruit, Milk Wednesday: Pancake, Syrup, Ham, Fruit, Juice, Milk Thursday: Cinnamon Bun, Fruit, Juice, Milk Friday: Sausage, Gravy, Bisquit, Juice, Fruit, Milk				

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bar &String Cheese, juice, fruit, milk offered as daily breakfast choices Menu is subject to change due to supply chain issues.

Cereal, Yogurt Parfait, Chicken Biscuit, Sausage Biscuit, Honeybun, Pop tart &yogurt, Cereal

Friday: Sausage, Gravy, Biscuit, Juice, Fruit, Milk