
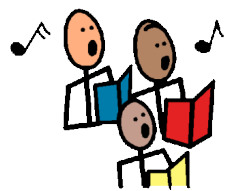


September

2019 Pocahontas Schools

menu

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 	Tex Mex Shepherds Pie Seasoned Green Beans Fruit Buttered Hot Roll Milk	<u>Breakfast 4 Lunch</u> Biscuit & Gravy Egg, Ham Tater Tots Juice Milk	Ravioli Steamed Broccoli Corn on Cob Fruit Hot Roll Milk	Chili Hot Dog Baked chips Pork n beans Carrot stix/dip Sidekick slush Milk
Redskin Café Backyard GrillerBacon Cheeseburger French Fries Sandwich salad cup Fresh apple slices Milk	<u>Taco Tuesday</u> Taco Salad Beans Cinnamon Roll Applesauce Milk	Macaroni & Cheese California Vegies Cherry Tomatoes Peaches Roll/Milk	Chili Fresh Broccoli & dip Saltine Crackers Pear Cup Gelatin Milk	Sub Sandwich Sand.salad cup Sweet potato ff Fruit Milk
Chicken Spaghetti Seasoned Green Beans Romaine Salad Pineapple tidbits Roll Milk	<u>Taco Tuesday</u> Taco Soup Cheese Toast Saltine Crackers Fresh Broccoli florets Applesauce Milk	Beans & Ham Southern greens Quick baked potato Cornbread Strawberries/banana Milk	Burrito Salsa Carrot/celery stix Assorted gelatin Assorted fruit Milk	Quesadilla Romaine salad Mandarin oranges White beans Sherbet Push up Milk
Pizza Romaine salad Apple/oranges Sherbet Milk	Chicken nuggets Carrot coins Corn Variety fruit Roll Milk	Lasagna Italian vegies Mixed green salad Pineapple Tidbits Garlic roll Milk	Fajita Wrap Refried Beans Fajita vegies Salsa & scoops Peaches Milk	Chicken sandwich Potato wedges Sand.salad cup Carrot stix/dip Fruit Milk
<u>Homestyle Potato Bowl</u> Meatballs Mashed Potatoes Gravy,cheese Whole green beans Fresh Grapes Hot Roll Milk				This institution is an equal opportunity provider.

PIG OUT on fruit and vegetables.

Monday: Cinnamon Bun, juice, fruit, milk

Tuesday: Breakfast Burrito, Salsa, juice, fruit, milk

Wednesday: Donuts, juice, fruit, milk

Thursday: Pancake, Ham slice, juice, fruit, milk

Friday: Sausage, gravy, roll, juice, fruit, milk

****cereal, juice, fruit, milk offered as daily choice** Meals served w/appropriate
buns choice of milk condiments**

