September

2019 Pocahontas Schools menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Tex Mex Shepherds Pie Seasoned Green Beans Fruit Buttered Hot Roll Milk	***Breakfast 4 Lunch*** 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	*Taco Tuesday* 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	*Taco Tuesday* 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
Homestyle Potato Bowl 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 choies of milk, condiments**