

October

2019 Pocahontas Schools

menu

Monday	Tuesday	Wednesday	Thursday	Friday
<u>National School Lunch Week</u> Created in 1962 by President John F. Kennedy, it's a celebratory week of events and activities promoting the benefits of the National School Lunch Program (NSLP)	<u>Taco Tuesday</u> Taco Seasoned Beans Lettuce, tomato, salsa Applesauce Milk	<u>Waffelicious Wednesday</u> Chicken Tenders Waffle/Syrup Waffle FF Mandarin Oranges Milk	Calzone Romaine Salad Lite Ranch Orange/Apple Sherbet Milk	Sloppy Joe Sandwich French Fries Broccoli /dip Spiced Apples Milk
Pizza Romaine salad Lite Ranch Banana Sherbet Milk	Chicken Nuggets Butternut Squash Seasoned Corn Variety Fruit Roll Milk	Lasagna Italian Veggies Mixed Green Salad Lite Ranch Pineapple tidbits Garlic Wheat Roll Milk	Fish Strips Black eyed peas Cole Slaw Peaches Asst. Gelatin Cornbread Milk	Chicken & Noodles Steamed Broccoli Carrot Coins Crackers Peaches Milk
<u>Tex Mex Shepherds Pie</u> Potatoes/Beef Mixed Greens Fresh Apple Slices Hot Roll Milk	Crisпитos Scoops/cheese sauce Seasoned Beans Buttered Corn Side kick Slush Milk	<u>Breakfast 4 Lunch</u> Scrambled Eggs Sausage Biscuit & Gravy Tater Tots Juice Milk	Redskin Café Backyard Griller Bacon Cheeseburger Sweet Potato FF Sand Salad cup Fruit Milk	Fall Break No School 
Spaghetti Seasoned corn Romaine salad Lite Ranch Apple Slices Hot Roll Milk	"Buffalo Chicken Loaded Potato" Celery/carrot stix Crackers Sidekick Slush Milk	Taco Soup Cheese Toast Crackers Broccoli Florets Lite ranch Applesauce Milk	BBQ Pork Sandwich Baked Beans Cole Slaw Asst. Fresh fruit Milk	Chicken Quesadilla Romaine Salad Lite Ranch Butternut Squash Fruit Milk
Mini Corn Dogs Pinto Beans Carrot stix/dip Banana Milk	<u>Taco Tuesday</u> Taco Salad Seasoned Corn Cinnamon Roll Applesauce Milk	Macaroni & Cheese California Veggies Cherry Tomatoes Sidekick Slush Milk	Pizza Romaine Salad Sherbet Asst. Fruit Milk	This institution is an equal opportunity provider.

Fruits and veggies are really good for EWE!

Monday: Mini Donut, juice, fruit, milk
 Tuesday: Bacon, Egg & Cheese Biscuit, juice, fruit, milk
 Wednesday: Sausage Pancake Stick, syrup, juice, fruit, milk
 Thursday: Yogurt, Super Donut, juice, fruit, milk
 Friday: Sausage, gravy, roll, juice, fruit, milk
 *****cereal, juice, fruit, milk offered as daily choices*****

