

December

2019 Pocahontas Schools

menu

Monday	Tuesday	Wednesday	Thursday	Friday
				
Chicken Spaghetti Mixed vegetables Romaine Salad Pineapple Tidbits Hot Roll Milk	Meatloaf Potatoes/Gravy Buttered Corn Tropical Fruit Hot Roll Milk	<u>Waffleicious Wednesday</u> Chicken Tenders Waffles & syrup Waffle French fries Mandarin Oranges Milk	Cheezy Nachos Refried Beans Salsa Carrot /celery stix Spiced Apples Milk	Oven Roasted Chicken Steamed Broccoli Potato Wedges Mixed Fruit Hot Roll Milk
Deli Turkey & Cheese Hoagie Sand Salad cup Carrots/celery/ w/dip Baked chips Spiced Apples Milk	Turkey & Dressing Seasoned green beans Mashed Potatoes Cranberry Sauce Ice Cream Strawberries Hot Roll Milk	Chicken & Noodles Steamed Broccoli Carrot coins Crackers Fruit Milk	BBQ Pork Sandwich Cole Slaw French Fries Baked Beans Fruit Milk	Chili Crackers Carrot/celery stix Ranch dip Cinnamon Roll Applesauce Milk
Chicken Rings Mashed potatoes Gravy Corn Sidekick slush Hot roll Milk	Macaroni & Cheese Mixed Veggies Carrot stix/dip Fruit cup Sugar Cookie Milk	Taco Soup Grilled Cheese Crackers Fresh Broccoli/dip Applesauce Milk	Chili Hot dog Pork n Beans French Fries Snickerdoodle Cookie Fruit Milk	Grilled Chicken Sandwich Sand. Salad cup Baked Chips Carrot/dip Juice/applesauce cup Milk
				This institution is an equal opportunity provider.

You TOUCAN be healthy for the holidays!

Monday: Breakfast pizza, juice, fruit, milk

Tuesday : Breakfast chicken sandwich, juice, fruit, milk

Wednesday: French Toast Stix, ham slice, syrup, juice, fruit, milk

Thursday : Gogurt, super donut, juice, fruit, milk

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

***cereal, juice, fruit, milk offered as daily choices *** Menu is subject to change

