


# January

## 2020 Pocahontas Schools menu

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider.				
Macaroni & Cheese Mixed Vegetables Roasted Butternut Squash Peaches Roll/Milk	Chicken Fajita Wrap Fajita Veggies Refried Beans Salsa Applesauce Milk	Oven Roasted Chicken Blackeye Peas Mashed Potatoes Gravy Fruit Roll/Milk	Crispitos Broccoli w/dip Mexicali Corn Scoops & Cheese dip Fruit Milk	Deli Sub Sandwich Sand salad cup French Fries Pickle spear Fresh apple Milk
<u>Homestyle Potato Bowl</u> Meatballs Potatoes,gravy,cheese Green Beans Fruit Hot Roll Milk	Redskin Café Bacon Cheeseburger French fries Sand salad cup Pineapple upside down cake Fresh Fruit Milk	<u>Breakfast 4 Lunch</u> Biscuits & gravy Scrambled Eggs Sausage Tater tots Juice Milk	Chili Cheese Hot Dog Baked Chips Celery stix & dip Pork n Beans Fruit Pearls Milk	BBQ Pork Sandwich Sweet potato FF Broccoli n Dip Cole Slaw Fruit Milk
	Grilled Chicken Blackeye Peas French Fries Mixed Fruit Hot Roll Milk	<u>Waffleicious Wednesday</u> Chicken Tenders Waffles w/syrup Waffle French fries Mandarin oranges Milk	Pizza Romaine Salad Apple/Orange Sherbet Milk	Chicken & Noodles Steamed Broccoli Carrot Coins Crackers Peaches Milk
Hot Ham & Cheese Sand. Sand. Salad Cup Tater Tots Fruit Milk	<u>Taco Tuesday</u> Walking Tacos Beans Lettuce/tomato/salsa Cinnamon Roll Fruit Milk	Spaghetti Green Beans Romaine Salad Fruit Hot Roll Milk	Chicken Rings Mashed Potatoes Gravy Mixed Veggies Fruit Hot roll Milk	Chili Crackers Carrots & broccoli/dip Applesauce cup Milk

Eat foods that are QUILLY good for you.

Monday: Cinnamon Bun , juice, fruit, milk

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

Wednesday: Rice or Oatmeal,Toast, juice, fruit, milk

Thursday: Egg & cheese Croissant, juice, fruit, milk

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

\*\*\*\*cereal, juice, fruit, milk offered as daily choices\*\*\*

