

# POWELL COUNTY MIDDLE SCHOOL

## BREAKFAST MENU 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Sausage on Biscuit Assorted Cereal <b>BAG</b> Powdered Gems  <b>Fruit</b> Chilled Juice Sliced Apples  <b>Healthy Milk Choice</b>	Breakfast Pizza Assorted Cereal <b>BAG</b> Scooby Doo Snacks Fudge Pop Tart <b>Fruit</b> Chilled Juice Applesauce  <b>Healthy Milk Choice</b>	Egg/Cheese/Sausage on Croissant Assorted Cereal <b>BAG</b> Chocolate Gems <b>Fruit</b> Chilled Juice Sidekick  <b>Healthy Milk Choice</b>	Eggstravaganza & Blueberry Muffin Assorted Cereal <b>BAG</b> Chocolate Elf Grahams Straw. Pop Tart <b>Fruit</b> Chilled Juice Oranges <b>Healthy Milk Choice</b>	Biscuit & Gravy Dippers Assorted Cereal <b>BAG</b> Bug Bites Strawberry Yogurt <b>Fruit</b> Chilled Juice Bananas  <b>Healthy Milk Choice</b>
<b>WEEK 2</b>	Fresh Baked Cinnamon Roll Assorted Cereal <b>BAG</b> Powdered Gems  <b>Fruit</b> Chilled Juice Sliced Apples  <b>Healthy Milk Choice</b>	Confetti Pancakes Assorted Cereal <b>BAG</b> Scooby Doo Snacks Fudge Pop Tart <b>Fruit</b> Chilled Juice Applesauce  <b>Healthy Milk Choice</b>	Chicken Biscuit Assorted Cereal <b>BAG</b> Chocolate Gems  <b>Fruit</b> Chilled Juice Sidekick  <b>Healthy Milk Choice</b>	Chocolate or Glazed Donut Assorted Cereal <b>BAG</b> Chocolate Elf Grahams Straw. Pop Tart <b>Fruit</b> Chilled Juice Oranges <b>Healthy Milk Choice</b>	Biscuit & Gravy Dippers Assorted Cereal <b>BAG</b> Bug Bites Strawberry Yogurt <b>Fruit</b> Chilled Juice Bananas  <b>Healthy Milk Choice</b>
<b>WEEK 3</b>	Egg Omllet /Maple Pancakes Assorted Cereal <b>Bag</b> Powdered Gems  <b>Fruit</b> Chilled Juice Sliced Apples  <b>Healthy Milk Choice</b>	Breakfast Pizza Assorted Cereal <b>Bag</b> Scooby Doo Snacks Fudge Pop Tart <b>Fruit</b> Chilled Juice Applesauce  <b>Healthy Milk Choice</b>	French Toast Sticks Assorted Cereal <b>BAG</b> Chocolate Gems  <b>Fruit</b> Chilled Juice Sidekick  <b>Healthy Milk Choice</b>	Bacon, Egg & Cheese Biscuit Assorted Cereal <b>BAG</b> Chocolate Elf Grahams Straw. Pop Tart <b>Fruit</b> Chilled Juice Oranges <b>Healthy Milk Choice</b>	Honey Glazed Donut Holes Assorted Cereal <b>BAG</b> Bug Bites Strawberry Yogurt <b>Fruit</b> Chilled Juice Bananas  <b>Healthy Milk Choice</b>

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL					MAY				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
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26 P	27	28	29	30	30					28 P	29	30	31		25	26	27	28	29	30	31				27	28	29	30	31						30	31				27	28	29	30		25	26	27	28	29

# POWELL COUNTY MIDDLE SCHOOL LUNCH 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<p><b>Choose One Entrée:</b> Pirate Personal Pan Pizza or Mexican Pizza Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Sweet Golden Corn Cool Cucumbers w/Ranch Garden Salad w/dressing Sliced Apples, Peaches, Mandarin Oranges</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Café' Burger w/cheese Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Seasoned Fries Baked Beans Trimming Cup Fresh Oranges Slices, Pineapple, Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Crispy Chicken Sandwich Spicy chicken Sandwich Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Glazed Carrots Fresh Trimmings Broccoli Dippers w/ranch Orange Sherbet Fresh Apples, Peaches, Sliced Pears</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Popcorn Chicken w/Roll Asian Popcorn Chicken w/Roll Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Spinach &amp; Mandarin Orange Salad Asian Brown Rice Vegetable Egg Roll Fresh Grape Clusters, Pineapple, Watermelon Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Penne Pasta Bar Cheese or Meat Sauce Twisted Breadsticks Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Steamed broccoli Crunchy Carrots w/Ranch Triple Chocolate Cookie Fresh Banana , Mandarin Oranges, Applesauce</p> <p><b>Healthy Milk Choices</b></p>
<b>WEEK 2</b>	<p><b>Choose One Entrée:</b> Cheesy Bread Bites Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Farm House salad Sweet Golden Corn Marinara Cup Baby Carrots w/ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Salisbury Steak or Meatloaf/ w Roll Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Mashed Potatoes w/Gravy Peas Grape Tomatoes w/Ranch Fresh Oranges Slices, Pineapple, Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Beefy Rotini Garlic Knot Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Steamed Broccoli /Cheese Garden Salad w/Dressing California Blend Veggies Dick &amp; Jane Cookies Fresh Apples, Peaches, Sliced Pears</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Chicken Tenders Biscuit Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Baby Baker Potatoes Green Beans Celery/Broccoli/Carrots w/Ranch Fresh Grape Clusters, Pineapple, Strawberry Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Hot Dog /Chili Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Smiley Fries Baked Beans Cole Slaw Fresh Banana , Mandarin Oranges, Applesauce</p> <p><b>Healthy Milk Choices</b></p>
<b>WEEK 3</b>	<p><b>Choose One Entrée:</b> Retro Pizza (Dec-Feb) Papa Johns (Aug-Nov)(Mar-May) Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Garden Salad w/Dressing Crunchy Carrots w/ Ranch Corn on the Cob Sliced Apples, Peaches, Mandarin Oranges</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> "Taco Tuesday " Taco w/taco filling or Chicken Fajita Filling Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Shredded Lettuce/Tomatoes Shredded Cheese/Queso Black Bean Corn Fiesta Refried Bean Melt Salsa/Sour Cream Fresh Orange Slices, Pineapple, Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> BBQ on Bun Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Steamed Broccoli w/Cheese Seasoned Squared Potatoes Blue Raspberry Slushie Fresh Apples, Peaches, Sliced Pears</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Fried Chicken / Waffle/Syrup Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Mashed Potatoes Green Beans Pepper Medley Fresh Grape Clusters, Pineapple, Blue Raspberry Applesauce</p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Fish Sticks Mini Cornbread Yogurt Mania</p> <p><b>Fruit/Vegetables/Sides:</b> Macaroni &amp; Cheese Brown Beans Chocolate Cupcake Fresh Banana , Mandarin Oranges, Applesauce</p> <p><b>Healthy Milk Choices</b></p>

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