

POWELL COUNTY HIGH SCHOOLS

BREAKFAST MENU 2019-2020

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

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 HIGH SCHOOL LUNCH 2019-2020

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choose One Entrée: Cheesy Bread Bites w/Marinara Personal Pan Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Seasoned Corn Cool Cucumbers w/Ranch Garden Salad Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Café' Burger w/cheese Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Seasoned Fries Baked Beans Trimings Cup Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Crispy Chicken Sandwich Spicy Chicken Patty Sandwich 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: trimmings Broccoli Dippers Orange Sherbet Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: General Tso's Chicken w/Roll Asian Chicken w/Roll Retro Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Glazed Carrots Spinach & Mandarin Orange Salad Asian Brown Rice Vegetable Egg Roll Fresh Grape Clusters , Pineapple ,Watermelon Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Penne Pasta Bar w/ Cheese/Chicken or Meat Sauce Twisted Breadsticks Big Daddy's Cheese Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides Steamed broccoli Crunchy Carrots w/Ranch Triple Chocolate Cookie Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 2	<p>Choose One Entrée: Boneless Wings (Mild/Spicy) Roll Personal Pan Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Farmhouse Salad Sweet Golden corn Baby Carrots w/ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Salisbury Steak or Meatloaf/ w Roll Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes w/Gravy Peas Grape Tomatoes w/Ranch Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: 3Cheese Cavitappi /Beefy Rotini Garlic Knot 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli/ Cheese Garden Salad w/Dressing California Blend Veggies Dick & Jane Cookies Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Chicken Tenders Biscuit Retro Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Baby Baker Potatoes Green Beans Celery/Broccoli/Carrots w/Ranch Fresh Grape Clusters , Pineapple ,Strawberry Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Hot Dog /Chili Big Daddy's Cheese Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Smiley Potatoes Baked Beans Cole Slaw Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 3	<p>Choose One Entrée: Retro Pizza (Dec-Feb) Papa Johns (Aug-Nov)(Mar-May) Personal Pan Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Corn on the Cob Garden Salad w/Dressing Crunchy Carrots w/ Ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: "Taco Tuesday" Taco w/taco filling or Chicken Fajita filling Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Shredded Lettuce/Tomatoes Shredded Cheese/Queso Refried Bean Melt Black Bean Corn Fiesta Sour Cream Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Smokehouse BBQ Sub 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli w/Cheese Cole Slaw Seasoned square Potatoes Blue Raspberry Slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fried Chicken / Waffle/Syrup Retro Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Mashed Potatoes Green Beans Pepper Medley Fresh Grape Clusters , Pineapple, Blue Raspberry, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fish Sticks Popcorn Chicken Mini Cornbread Big Daddy's Cheese Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Macaroni & cheese Brown Beans Chocolate Cupcake Cucumber Tomato Cup Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>

