

POWELL COUNTY MIDDLE SCHOOL

BREAKFAST MENU 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Sausage on Biscuit or Cereal Fruit Chilled Juice Healthy Milk Choice	Breakfast Pizza or Scooby Doo Snacks Fudge Pop Tart Fruit Chilled Juice Healthy Milk Choice	Egg/Cheese/Sausage on Croissant or Cereal Fruit Chilled Juice Healthy Milk Choice	Chicken Biscuit or Chocolate Elf Grahams Straw. Pop Tart Fruit Chilled Juice Healthy Milk Choice	Chocolate Gems or Cereal Fruit Chilled Juice Healthy Milk Choice
WEEK 2	Sausage on Biscuit or Cereal Fruit Chilled Juice Healthy Milk Choice	Strawberry Pancakes or Scooby Doo Snacks Fudge Pop Tart Fruit Chilled Juice Healthy Milk Choice	Chicken Biscuit or Cereal Fruit Chilled Juice	Egg and Cheese Biscuit or Chocolate Elf Grahams Straw. Pop Tart Fruit Chilled Juice Healthy Milk Choice	Glazed Donut or Cereal Fruit Chilled Juice Healthy Milk Choice
WEEK 3	Maple Pancakes or Cereal Fruit Chilled Juice Healthy Milk Choice	Breakfast Pizza or Scooby Doo Snacks Fudge Pop Tart Fruit Chilled Juice Healthy Milk Choice	French Toast or Cereal Fruit Chilled Juice Healthy Milk Choice	Bacon, Egg & Cheese Biscuit or Chocolate Elf Grahams Straw. Pop Tart Fruit Chilled Juice Healthy Milk Choice	Honey Glazed Donut Holes or Cereal Fruit Chilled Juice 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
2	3	4	5	6			1	2	3					1	1	2	3	4	5			1	2	3	3	4	5	6	7		1	2	3	4		1	2	3	4					1	2	3	4	5	6
9	10	11	12	13	6	7	8	9	10	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	7	8	9	10	11	7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
16	17	18	19	20	13	14	15	16	17	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	17	18	19	20	21	14	15	16	17	18	14	15	16	17	18	11	12	13	14	15	16	17	18	19	20
23	24	25	26	27	20	21	22	23	24	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	24	25	26	27	28	21	22	23	24	25	21	22	23	24	25	18	19	20	21	22	23	24	25	26	27
30	31				27	28	29	30		25	26	27	28	29	29	30				27	28	29	30	31	31					28					28	29	30	31		25	26	27	28	29	30	31			

POWELL COUNTY MIDDLE SCHOOL LUNCH 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choose One Entrée: Pirate Personal Pan Pizza Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Sweet Golden Corn Cool Cucumbers w/Ranch Garden Salad w/dressing Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Café' Burger w/cheese Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Baked Chips Baked Beans Cole Slaw Trimming Cup Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Crispy Chicken Sandwich Spicy chicken Sandwich Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Fries Fresh Trimmings Broccoli Dippers w/ranch Orange Sherbet Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Popcorn Chicken w/Roll Asian Popcorn Chicken w/Roll Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Spinach & Mandarin Orange Salad Glazed Carrots Asian Brown Rice Vegetable Egg Roll Fresh Grape Clusters, Pineapple, Watermelon Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Chicken Nachos Tostitos Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Lettuce/ Tomato Queso Cheese Salsa Cup Black Bean Corn Fesita Triple Chocolate Cookie Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 2	<p>Choose One Entrée: Cheesy Bread Bites Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Farm House salad Sweet Golden Corn Marinara Cup Baby Carrots w/ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Salisbury Steak w Roll 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: Calzone Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli Garden Salad w/Dressing Marinara Sauce Confetti Cookies Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Chicken Wings Biscuit 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 Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Smiley Fries Baked Beans Cole Slaw Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 3	<p>Choose One Entrée: Retro Pizza Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Garden Salad w/Dressing Crunchy Carrots w/ Ranch Corn on the Cob Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: "Taco Tuesday " Taco filling Tostitos Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Shredded Lettuce/Tomatoes Shredded Cheese Refried Bean Melt Salsa Cup Sour Cream Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: BBQ on Bun Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Steamed Broccoli w/Cheese Seasoned Fries Blue Raspberry Slushie Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fried Chicken / Waffle/Syrup 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 Mini Cornbread Yogurt Mania</p> <p>Fruit/Vegetables/Sides: Macaroni & Cheese Seasoned Square Potatoes Cucumber /Tomato Cup Chocolate Cupcake Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>