

# POWELL COUNTY HIGH SCHOOLS

## BREAKFAST MENU 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Sausage on Biscuit or Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Breakfast Pizza or Scooby Doo Snacks Fudge Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Egg/Cheese/Sausage on Croissant or  Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Chicken Biscuit or  Chocolate Elf Grahams Straw. Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Chocolate Gems or  Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>
<b>WEEK 2</b>	Sausage on Biscuit or Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Strawberry Pancakes or Scooby Doo Snacks Fudge Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Chicken Biscuit or  Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Egg and Cheese Biscuit or  Chocolate Elf Grahams Straw. Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Glazed Donut or  Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice e</b>
<b>WEEK 3</b>	Maple Pancakes or Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Breakfast Pizza or Scooby Doo Snacks Fudge Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	French Toast or  Cereal  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Bacon, Egg & Cheese Biscuit or  Chocolate Elf Grahams Straw. Pop Tart  <b>Fruit</b> Chilled Juice  <b>Healthy Milk Choice</b>	Honey Glazed Donut Holes or  Cereal  <b>Fruit</b> Chilled Juice  <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	M	T	W	T	F															
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# POWELL COUNTY HIGH SCHOOL LUNCH 2021-2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	<p><b>Choose One Entrée:</b> Cheesy Bread Bites w/Marinara Stromboli Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Seasoned Corn Cool Cucumbers w/Ranch Garden Salad <small>Sliced Apples, Peaches, Mandarin Oranges</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Café' Burger w/cheese Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Baked Chips Cole Slaw Baked Beans Trimnings Cup <small>Fresh Oranges Slices, Pineapple, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Crispy Chicken Sandwich Spicy Chicken Patty Sandwich 3 meat Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Trimnings Fries Broccoli Dippers Orange Sherbet <small>Fresh Apples, Peaches, Sliced Pears</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> General Tso's Chicken w/Roll Asian Chicken w/Roll Retro Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Glazed Carrots Spinach &amp; Mandarin Orange Salad Asian Brown Rice Vegetable Egg Roll <small>Fresh Grape Clusters , Pineapple ,Watermelon Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Chicken Nachos w/ Tostitos Big Daddy's Cheese Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides</b> Lettuce/ Tomato Querso Cheese Salsa Cup Black Ben Corn Fesita Triple Chocolate Cookie <small>Fresh Banana , Mandarin Oranges, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>
<b>WEEK 2</b>	<p><b>Choose One Entrée:</b> Boneless Wings (Mild/Spicy) Roll Stromboli <i>Ham &amp; Cheese Croissant Bag</i> Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Farmhouse Salad Sweet Golden corn Baby Carrots w/ranch <small>Sliced Apples, Peaches, Mandarin Oranges</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Salisbury Steak / w Roll Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Mashed Potatoes w/Gravy Peas Grape Tomatoes w/Ranch <small>Fresh Oranges Slices, Pineapple, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Calzone 3 meat Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Steamed Broccoli Garden Salad w/Dressing Marinara Sauce Confetti Cookies <small>Fresh Apples, Peaches, Sliced Pears</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Chicken Wings Biscuit Retro Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Baby Baker Potatoes Green Beans Celery/Broccoli/Carrots w/Ranch <small>Fresh Grape Clusters , Pineapple ,Strawberry Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Hot Dog /Chili Big Daddy's Cheese Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Smiley Potatoes Baked Beans Cole Slaw <small>Fresh Banana , Mandarin Oranges, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>
<b>WEEK 3</b>	<p><b>Choose One Entrée:</b> Retro Pizza Stromboli Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Corn on the Cob Garden Salad w/Dressing Crunchy Carrots w/ Ranch <small>Sliced Apples, Peaches, Mandarin Oranges</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> "Taco Tuesday" Taco filling /Tostitos Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Shredded Lettuce/Tomatoes Shredded Cheese Refried Bean Melt Salsa Cup Sour Cream <small>Fresh Orange Slices, Pineapple, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Smokehouse BBQ Sub 3 meat Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Steamed Broccoli w/Cheese Cole Slaw Seasoned Fries Blue Raspberry Slushies' <small>Fresh Apples, Peaches, Sliced Pears</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Fried Chicken / Waffle/Syrup Retro Pizza Bistro Protein Box Chef Salad PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Mashed Potatoes Green Beans Pepper Medley <small>Fresh Grape Clusters , Pineapple, Blue Raspberry, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>	<p><b>Choose One Entrée:</b> Fish Sticks Popcorn Chicken Mini Cornbread Big Daddy's Cheese Pizza Ham &amp; Cheese Croissant Bag Yogurt Mania Bag PB&amp;J</p> <p><b>Fruit/Vegetables/Sides:</b> Macaroni &amp; cheese Seasoned Square Potatoes Chocolate Cupcake Cucumber Tomato Cup <small>Fresh Banana , Mandarin Oranges, Applesauce</small></p> <p><b>Healthy Milk Choices</b></p>

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