

POWELL COUNTY HIGH SCHOOL

BREAKFAST MENU 2018-19

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Choice of One: Sausage on Biscuit Cereal Strawberry Smash Yogurt Chocolate Donuts Pop Tarts Choose One: Chilled Juice Sliced Apples Healthy Milk Choice	Choice of One: Breakfast Pizza Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Sausage/French Toast Sticks w/ syrup Cereal Powdered Donuts Vanilla Crush Yogurt Pop Tarts Choose One: Chilled Juice Fresh Apple Healthy Milk Choice	Choice of One: Eggstravaganza & Toast Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Sausage Biscuit & Gravy Cereal Strawberry Smash Yogurt Chocolate Donuts Pop Tarts Choose One: Chilled Juice Bananas Healthy Milk Choice
WEEK 2	Choice of One: Pancake on a stick w/ syrup cup Cereal Chocolate Donuts Strawberry Smash Yogurt Pop Tarts Choose One: Chilled Juice Sliced Apples Healthy Milk Choice	Choice of One: Chicken on Biscuit Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Egg Omllet/Maple Pancakes Cereal Powdered Donuts Vanilla Crush Yogurt Pop Tarts Choose One: Chilled Juice Fresh Apple Healthy Milk Choice	Choice of One: Egg & Cheese Sandwich Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Hot ham n' Cheese on croissant Cereal Strawberry Smash Yogurt Chocolate Donuts Pop Tarts Choose One: Chilled Juice Bananas Healthy Milk Choice
WEEK 3	Choice of One: Grape or Chocolate Crescent Cereal Chocolate Donuts Strawberry Smash Yogurt Pop Tarts Choose one: Chilled Juice Sliced Apples Healthy Milk Choice	Choice of One: Sausage on Biscuit Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Glazed or Chocolate Donut Cereal Vanilla Crush Yogurt Pop Tarts Choose One: Chilled Juice Fresh Apple Healthy Milk Choice	Choice of One: Bacon, Egg & Cheese Biscuit Cereal Donut Holes Pop Tarts Choose One: Chilled Juice Applesauce Healthy Milk Choice	Choice of One: Funfetti Mini Pancakes w/Syrup Cereal Chocolate Donuts Strawberry Smash Yogurt Pop Tarts Choose One: 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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POWELL COUNTY HIGH SCHOOL LUNCH 2018-2019

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>Choose One Entrée: "Dill"icious Chicken Sandwich Spicy chicken Sandwich Personal Pan Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Seasoned Corn Broccoli Dippers w/Ranch Trimming Trays Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Café' Burger or BBQ on Bun Big Daddy's Buffalo Pizza Bistro Protein Box Chef Salad PB&J</p> <p>Fruit/Vegetables/Sides: Seasoned Fries Baked Beans Trimming Cup Fresh Oranges Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Cheezy Bread w/Marinara 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Garden Salad w/Dressing Cucumbers w/dip Cherry Slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Popcorn Chicken w/Roll Asian Popcorn 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 Orange Slices, Pineapple, 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: Chicken Fajita Personal Pan Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Refried Bean Melt Sweet Kernel corn Salsa Cup Peppers/onions 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: Hot Dog/ chili or Mozzarella Sticks 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Curley fries Baked Beans Cole Slaw Strawberry kiwi Slushies' Fresh Apples, Peaches, Sliced Pears</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Boneless Wings (mild/spicy) 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 Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Lasagna /Beefy Rotini Twisted Garlic Breadstick Big Daddy's Cheese 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 Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>
WEEK 3	<p>Choose One Entrée: Chessy Bread w/Marinara(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: Garden Salad w/Dressing Tomato/Cucumber w/ Ranch Sliced Apples, Peaches, Mandarin Oranges</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fiesta Taco w/Tostitos 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 Salsa/Sour Cream Fresh Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Fish sticks Mini cornbread 3 meat Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Macaroni & Cheese Brown Beans Diced 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 Orange Slices, Pineapple, Applesauce</p> <p>Healthy Milk Choices</p>	<p>Choose One Entrée: Smoked Turkey Club Sandwich Big Daddy's Cheese Pizza Ham & Cheese Croissant Bag Yogurt Mania Bag PB&J</p> <p>Fruit/Vegetables/Sides: Baked chips Lettuce, tomato, cucumbers, banana peppers Broccoli Dippers w/Ranch Baby Carrots w/ranch Fresh Banana , Mandarin Oranges, Applesauce</p> <p>Healthy Milk Choices</p>

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