

Poteau Public Schools Breakfast Menu

| May 2017 | | | | | | |
|-----------|---|--|---|---|--|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 BK Pizza, or Cereal & toast, pineapples, juice and milk | 2 Pancake sausage on a stick w/syrup or cereal & toast, mixed fruit cup, juice and milk | 3 Cinnamon Rolls or Cereal & toast, peaches, juice and milk | 4 Biscuit & Sausage gravy, or Cereal & toast, oranges, juice and milk | 5 PPS/UES-Gogurt & toast PHS/PKMS- Fruit Smoothie Or Cereal & toast, apple, juice and milk | 6 |
| 7 | 8 WG Blueberry or Banana muffin, or Cereal & toast, mixed fruit, juice and milk | 9 Pancakes w/syrup, or Cereal & toast, banana, juice and milk | 10 Scrambled eggs & toast, or Cereal & toast, oranges, juice and milk | 11 Biscuit & Sausage gravy, or Cereal & toast, oranges, juice and milk | 12 Yogurt Parfait or Cereal & toast, Strawberries, juice and milk | 13 |
| 14 | 15 BK Pizza, or Cereal & toast, pineapples, juice and milk | 16 Cinnamon Rolls or Cereal & toast, mixed fruit, juice and milk | 17 Pancake sausage on a stick w/syrup or cereal & toast, pears, juice and milk | 18 Biscuit & Sausage gravy, or Cereal & toast, oranges, juice and milk | 19 PPS/UES-Gogurt & toast PHS/PKMS- Fruit Smoothie Or Cereal & toast, apple, juice and milk | 20 |
| 21 | 22 WG Blueberry or Banana muffin, or Cereal & toast, mixed fruit, juice and milk | 23 Pancakes w/syrup, or Cereal & toast, banana, juice and milk | 24 Oatmeal & toast, or Cereal & toast, pears, juice and milk | 25 Biscuit & Sausage, or Cereal & toast, oranges, juice and milk | 26 Summer Time | 27 |
| 28 | 29 | 30 | 31 | Notes: | | |

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

PPS/UES Lunch Menu

| May 2017 | | | | | | |
|-----------|--|---|--|---|--|-----------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | 1 Steak Fingers, WG Roll, Mashed Potatoes, Peas, pineapples, milk | 2 Turkey & Cheese Sandwich, WH Chips, lettuce, tomato, pickle, mixed fruit, milk | 3 Chicken Alfredo, Salad, Carrots, Oranges, milk | 4 Hot Dog on a WG Bun, veggie beans, French fries, pears, milk | 5 WG Pizza, salad, Sweet Potato fries, apple slices, milk | 6 |
| 7 | 8 Walking Taco, WG Chips, salad, Pinto beans, peaches, milk | 9 Chicken Noodle Soup, WG Crackers, salad, Peas, Applesauce, milk | 10 Grilled Cheese Sandwich, Carrots, French Fries, Banana, milk | 11 Corn Dogs, WG Chips, Pork & Beans, Apple slices, milk | 12 WG Pizza, salad, Sweet Potato fries, Oranges, milk | 13 |
| 14 | 15 Chicken Fajita, WG Tortilla, salad, salsa, Pineapples, milk | 16 Frito Chili Pie, WG Chips, Broccoli, Salsa, Pinto Beans, Apples, milk | 17 Spaghetti, WG Garlic bread, salad, green beans, banana, milk | 18 Chicken & Waffle, WG Roll, salad, Hashbrown patty, Cucumbers, Oranges, milk | 19 WG Pizza, salad, Sweet Potato fries, mixed fruit, milk | 20 |
| 21 | 22 Hamburger on a WG Bun, WG chips, lettuce, tomato, pickles, Apple, milk | 23 Ham & Cheese Sandwich, Pork & Beans, Oven Fries, Peaches, milk | 24 Chicken, WG Roll, Peas, green beans, Pears, milk | 25 WG Pizza, salad, Sweet Potato fries, Oranges, milk | 26 Summer Time | 27 |
| 28 | 29 | 30 | 31 | Notes: | | |

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