


MSP November 2018 Lunch Menu

November 1 to November 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	Turkey Hot Dog w/choice of Toppings; Chili or Cheese Sauce BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Meatball Parmesan Hero Fiesta Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Beef Hamburger/Cheeseburger on WG Bun w/Onion Ring Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	WG Chicken Nuggets Mashed Potatoes w/Gravy, WG Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken and Waffles (Grilled Chicken with WG Waffle, Syrup) Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The PCS Pizzeria All Pizzas are made fresh daily.	Buffalo Chicken Wrap Fresh Made Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken Fresh Cut Red & Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato and Basil Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The PCS Deli	Ham and Provolone on a WG Kaiser Roll Lettuce and Tomato Fresh Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey & Cheese on a Whole Grain Roll Lettuce and Tomato Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Salami, Ham & Turkey on WG Kaiser Roll Lettuce & Tomato Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Ham and Cheese Wrap w/Lettuce, WG Tortilla Fresh Cut Red & Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chicken Salad w/ WG Tortilla Wrap, Lettuce and Tomato Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free- to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing.	WG=Whole Grain Milk choices are: 1% White, Skim Chocolate, and Skim Strawberry.			

MSP November 2018 Lunch Menu

November 5 to November 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">The Main Meal</p>	<p style="text-align: center;">Meatball Parmesan Hero Fiesta Corn Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Election Day</p> <p style="text-align: center;">School is Closed</p>	<p style="text-align: center;">Grilled Chicken and Cheese on WG Flatbread Oven Baked Tater Tots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Twin Tacos w/ Meat sauce , Cheddar Cheese, & Salsa Whole Grain Dinner Roll BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Grilled Chicken Fajita in a WG Tortilla With Cheese, Salsa, Onions & Peppers. Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p style="text-align: center;">The PCS Pizzeria</p> <p style="text-align: center;">All Pizzas are made fresh daily.</p>	<p style="text-align: center;">Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>		<p style="text-align: center;">Choose from Mozzarella, Pepperoni, or Bacon Pizza Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Choose from Mozzarella, Pepperoni, or Buffalo Chicken Mexican Corn Salad Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Choose from Mozzarella, Pepperoni, or Tomato and Basil Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p style="text-align: center;">The PCS Deli</p>	<p style="text-align: center;">Buffalo Chicken Wrap Fresh Made Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>		<p style="text-align: center;">Buffalo Chicken Wrap w/ Lettuce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Turkey and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p style="text-align: center;">Salami, Ham & Turkey on WG Kaiser Roll Lettuce & Tomato Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify</p>	<p>Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing</p>	<p style="text-align: center;">WG=Whole Grain</p>			

MSP November 2018 Lunch Menu

November 12 to November 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	WG Mozzarella Stuffed Breadsticks w/Marinara sauce Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Breakfast For Lunch Whole Grain French Toast Sticks with Syrup! Egg & Cheese Patty Sweet Potato waffle Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Thanksgiving Meal Turkey in Gravy w. Mashed Potatoes Whole Grain Stuffing Cranberry Sauce Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Buffalo Chicken Patty on WG Roll Fresh Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	WG Stromboli-w/Mozzarella, Pizza Sauce Mexican Corn Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk
The PCS Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken Fresh Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato and Basil Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The PCS Deli	Buffalo Chicken Wrap Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Fresh Made Chicken Salad on a Whole Grain Grinder Roll! With Lettuce and Tomato Fresh Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chef Salad w/Mixed Greens, Ham, Turkey, Cheese w/WG Roll, Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Ham and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Fresh Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey & Cheese on a Whole Grain Kaiser Roll! Lettuce & Tomato Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain			

MSP November 2018 Lunch Menu

November 19 to November 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	Beef Hamburger on a WG Bun, Turkey Bacon, Onion Ring Baked Crinkle Cut French Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Teriyaki Chicken w/Brown Rice Steamed Bok Choy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Early Dismissal Lunch Not Served		Thanksgiving Holiday School is closed
The PCS Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Cut Celery and Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Early Dismissal Lunch Not Served		
The PCS Deli	Ham and Provolone on a WG Kaiser Roll Lettuce and Tomato Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Ham & Cheese on a WG Kaiser Roll w/ Lettuce and Tomato Fresh Cut Celery and Green Pepper Strips Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Early Dismissal Lunch Not Served		
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain			

MSP November 2018 Lunch Menu

November 26 to November 30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Main Meal	Baked Chicken & Cheese on WG Flat Bread Oven Baked Seasoned Spiral Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Nachos w/ Meat sauce Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Hot Dog w/Chili or Cheese Sauce Topping Baked Vegetarian Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Whole Grain Pasta with Meat Sauce, Garlic Bread Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Grilled Buffalo Chicken on a Roll w/Lettuce & Tomato Mixed Vegetables Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The PCS Pizzeria All Pizzas are made fresh daily.	Choose from Mozzarella, Pepperoni, or White w/ Pepperoni Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Bacon Pizza Vegetarian Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken Steamed Seasoned Broccoli Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Tomato and Basil Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
The PCS Deli	Ham and Provolone on a WG Kaiser Roll Lettuce and Tomato Fresh Baby Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Ham & Cheese on a WG Kaiser Roll w/ Lettuce and Tomato Fresh Grape Tomato with Basil Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chef Salad w/Mixed Greens, Hardboiled Egg, Ham, Turkey, Cheese w/WG Roll, Dressing Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey Ham & Cheese on a WG Kaiser Roll Fresh Green Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Turkey & Cheese on a Whole Grain Kaiser Roll! Lettuce & Tomato Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk
Pricing: For a Complete Meal: Paid –\$ 2.75 Reduced -\$0 .40 Free to those students that qualify	Also Available Daily: Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing	WG=Whole Grain			