

MSP October 2018 Lunch Menu

October 1 to October 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Hot Meal	Turkey Hot Dog w/choice of Toppings; Chili or Cheese Sauce 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 w/Melted Mozzarella Cheese, Pizza sauce on WG Bun Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chicken Quesadilla on WG Tortilla Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	BBQ Chicken Tenders WG Dinner Roll Fresh Cut Cucumber with Dill Salad 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 Made Potato Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Made 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 Steamed Carrots 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 October 2018 Lunch Menu

October 8 to October 12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>The Hot Meal</i></p>	<p>Columbus Day Schools are Closed</p>	<p>Whole Grain Pasta with Meat Sauce, Garlic Bread Steamed Seasoned Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Grilled Chicken and Cheese on WG Flatbread Oven Baked Tater Tots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Twin Tacos w/ Meat sauce , Cheddar Cheese, & Salsa Whole Grain Dinner Roll Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Grilled Chicken Fajita in a WG Tortilla With Cheese, Salsa, Onions & Peppers. Fresh Cut Red & Green Peppers Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PCS Pizzeria</p> <p>All Pizzas are made fresh daily.</p>	<p>Columbus Day Schools are Closed</p>	<p>Choose from Mozzarella, Pepperoni, or BBQ Chicken Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose from Mozzarella, Pepperoni, or Bacon Pizza Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose from Mozzarella, Pepperoni, or Buffalo Chicken Mexican Corn Salad Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Choose from Mozzarella, Pepperoni, or Tomato and Basil Fresh Cut Cucumber with Dill Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>
<p>The PCS Deli</p>	<p>Columbus Day Schools are Closed</p>	<p>Turkey & Cheese Wrap w/WG Tortilla, 1 Lettuce and Tomato Fresh Three Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Buffalo Chicken Wrap w/ Lettuce Green Leaf Tossed Garden Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Turkey and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Mexican Corn Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk</p>	<p>Salami, Ham & Turkey on WG Kaiser Roll Lettuce & Tomato Fresh Cut Red & Green Peppers 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:</p> <p>Fresh Salad –mixed greens, tomato, cucumber, cheese and a WG Roll, Dressing</p>	<p>WG=Whole Grain</p>			

MSP October 2018 Lunch Menu

October 15 to October 19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Hot Meal	WG Chicken Nuggets Mashed Potatoes w/Gravy, WG Roll Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain French Toast Sticks with Syrup! Egg & Cheese Patty Oven Baked Tater Tots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Southwest WG Flatbread Sandwich-Turkey, Provolone Salsa 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 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	Buffalo Chicken Wrap Fresh Made Potato 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 and Swiss Cheese on WG Kaiser Roll Lettuce & Tomato Fresh Cut Red & Green Pepper Strips 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 October 2018 Lunch Menu

October 22 to October 26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Hot Meal	Beef Hamburger on a WG Bun, Turkey Bacon, Onion Ring Baked Crinkle Cut French Fries Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Teriyaki Chicken Tenders w/WG Roll Asian Mixed Vegetables Fortune Cookie Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	WG Mozzarella Sticks w/Marinara Sauce Green Leaf Tossed Garden Salad Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk	Chicken Cordon Blu Sandwich –Ham and Cheese w/WG Chicken Patty, WG Bun Southwest Bean Salad Season or Chilled Fruit Choice of Milk	WG Stromboli-w/Mozzarella, Pizza Sauce Fresh Made Tomato & Basil 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 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	Choose from Mozzarella, Pepperoni, or Bacon Pizza Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Choose from Mozzarella, Pepperoni, or Buffalo Chicken Fresh Made Mexican Corn Salad 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 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	Buffalo Chicken Wrap w/ Lettuce Fresh Broccoli Florets Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Chef Salad w/Hardboiled egg, Ham, Turkey and Cheese, Fat Free Dressing WG Dinner Roll 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			

MSP October 2018 Lunch Menu

October 29 to October 31	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Hot Meal	Grilled Ham, Turkey Cheese on WG Flat Bread Oven Baked Seasoned Spiral Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Nachos w/Chicken Meat sauce Seasoned Black Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk	Pizza Bites w/Marinara Dipping Sauce Steamed Catalina Vegetables 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 Made Potato Salad 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 Fresh Made Green Bean Salad 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 Cut Celery and Green Pepper Strips 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		
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 October 2018 Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>The Hot Meal</i>					
The PCS Pizzeria					
The PCS Deli					
SALADS & SUCH Fresh Made Salad Entrees Priced to Go! Complete Salad Meal \$2.75					