



PCS Head Start Lunch

August & September 2017

28

side items

29

side items

30
Hot Dog

side items
Glazed Carrots, Sliced Cucumbers
Whole Orange

31
Tater Bite Beef
Nachos, Tortilla
Rounds

side items
Kickin' Pintos, Baby Carrots
Sliced Apples

1
Cheeseburger

side items
Steamed Broccoli, Tomato Wedges
Banana



5
Chicken Quesadilla

side items
Kickin' Pintos, Baby Carrots
Whole Apple


6
Hot Dog

side items
Glazed Carrots, Sliced Zucchini
Whole Orange

7
Chicken Nuggets,
Roll

side items
Seasoned Green Peas, Fresh Celery
Sticks
Sliced Apples

8
Cheese Pizza



side items
Steamed Broccoli, Cucumber Slices
Banana

11
Chicken Patty SDW

side items
Green Beans, Tomato Wedges
Whole Orange

12
Macaroni & Cheese

side items
Glazed Carrots, Fresh Broccoli
Whole Apple

13
Hot Dog

side items
Steamed Squash, Fresh Celery
Sticks
Whole Orange

14
Roasted Turkey,
Stuffing, Gravy

side items
Cinn Sweet Potatoes, Baby Carrots
Sliced Apples

15
Cheeseburger

side items
Veg Baked Beans, Cucumber Slices
Banana


18
Pancakes, Sausage,
Syrup

side items
Tater Tots, Fresh Broccoli
Whole Orange

19
Fish Sticks, Mac &
Cheese

side items
Green Beans, Baby Carrots
Whole Apple

20



side items

21
Chicken Ranch
Flatbread SDW

side items
Campfire Beans, Fresh Celery Sticks
Sliced Apples

22
Pepperoni Pizza

side items
Steamed Spinach, Cucumber Slices
Banana

25
Mesquite Chicken
Drumsticks, Roll



side items
Mashed Potato, Fresh Broccoli
Whole Orange

26
Spaghetti & Beef
Sauce, Garlic Toast

side items
Green Beans, Baby Carrots
Whole Apple

27
Hot Dog

side items
Glazed Carrots, Sliced Cucumbers
Whole Orange

28
Turkey Soft Tacos,
Mex Spiced Rice

side items
Kickin' Pintos, Fresh Zucchini
Sliced Apples

29
Pepperoni Pizza

side items
Steamed Spinach, Tomato Wedges
Banana



Visit us online at
pender.schooldish.com



Lunch: Choose at least 1 Fruit OR Vegetable
+ a minimum of 2 other components