



# HIGH SCHOOL MENU 2023

Mon	Tue	Wed	Thu	Fri
<p>1 <b>Breakfast</b> Breakfast on a stick</p> <p><b>Lunch</b> Chicken Patty Sandwich</p>	<p>2 <b>Breakfast</b> Breakfast Bar Yogurt</p> <p><b>Lunch</b> Crispito Potato Choice</p>	<p>3 <b>Breakfast</b> Fruit Parfait</p> <p><b>Lunch</b> German Dog on WG Bun Sunchips</p>	<p>4 <b>Breakfast</b> Waffle Breakfast Sandwich</p> <p><b>Lunch</b> Mega Meatball Cheesy Potato Garlic Breadstick</p>	<p>5 <b>Breakfast</b> Cocoa Puff Cereal Bar</p> <p><b>Lunch</b> Turkey &amp; Ham Ripper Homemade Cookie</p>
<p>8 <b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Corndog Goldfish Crackers</p>	<p>9 <b>Breakfast</b> Whole Grain Blueberry Poptart Yogurt</p> <p><b>Lunch</b> Bean &amp; Cheese Burrito Corn</p>	<p>10 <b>Breakfast</b> Over Night Oats</p> <p><b>Lunch</b> Ribbq Sandwich Potato Choice</p>	<p>11 <b>Breakfast</b> Mini Pancakes Sausage Links</p> <p><b>Lunch</b> Homemade Pizza Pinwheels Marinara Sauce</p>	<p>12 <b>Breakfast</b> Scramble Egg Bowl With Ham &amp; Potato</p> <p><b>Lunch</b> Malibu Crispy Chicken Sandwich Potato Choice</p>
<p>15 <b>Breakfast</b> Breakfast on a stick</p> <p><b>Lunch</b> Cheeseburger Goldfish crackers</p>	<p>16 <b>Breakfast</b> Muffin Variety Yogurt</p> <p><b>Lunch</b> Alfredo Chicken &amp; Veggie Flatbread</p>	<p>17 <b>Breakfast</b> Mini Cinnamon Roll Bagel</p> <p><b>Lunch</b> Toasted Cheese Sandwich Tomato Soup</p>	<p>18 <b>Breakfast</b> Texas French Toast Sausage Links</p> <p><b>Lunch</b> Chicken Nuggets &amp; Waffles</p>	<p>19 <b>Breakfast</b> Breakfast Burrito Hash Browns</p> <p><b>Lunch</b> BBQ Pulled Pork Sandwich Creamy Coleslaw</p>
<p>22 <b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Chicken Patty Sandwich</p>	<p>23 <b>Breakfast</b> Breakfast Bar Yogurt</p> <p><b>Lunch</b> Chicken &amp; Cheese Quesadilla Refried Beans</p>	<p>24 <b>Breakfast</b> Biscuits &amp; Gravy</p> <p><b>Lunch</b> Corn Dog Cheez it Crackers</p>	<p>25 <b>Breakfast</b> Mini Pancakes Sausage Links</p> <p><b>Lunch</b> Chicken Drumstick Mashed Potato Dinner Roll</p>	<p>26 <b>Breakfast</b> Breakfast Combo Bar Ham &amp; Cheese Biscuit</p> <p><b>Lunch</b> Cheeseburger Potato Choice</p>
<p>29 <b>NO SCHOOL</b> <b>memorial</b> <b>DAY</b></p>	<p>30 <b>Breakfast</b> Muffin Variety Yogurt</p> <p><b>Lunch</b> Buffalo Chicken Nachos</p>	<p>31 <b>Breakfast</b> Fruit Parfait</p> <p><b>Lunch</b> German Dog on WG Bun Corn on the Cob</p>		

ALL BREAKFASTS COME WITH FRUIT OR JUICE AND MILK

ALL LUNCHESS COME WITH FRUIT, VEGGIES AND MILK

See our virtual menu on the Nutrition Services homepage at [www.pfsd.com](http://www.pfsd.com) for nutrition and allergen information.

<b>Meal Prices:</b>	
Milk—	\$0.50
Breakfast—	\$2.10
Reduced	\$ .30
Lunch—	\$3.50
Reduced	\$ .40
Adult lunch—	\$4.35

**Alternate lunch choices:**

**Pizza, Sub Sandwich**

**Large Salads or**

**Uncrustable Meals**



**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*