

PCYS MENU Week 1

Day Of Week	Breakfast	Lunch	Dinner	Snack
SUNDAY	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans Mixed Fruit WW Bread Milk	Hamburger Pie Cottage Cheese Veggies & Dip Mandarin Oranges Milk	Ice Cream Bar
MONDAY	Oatmeal Cinnamon Toast Fresh Fruit Orange Juice Milk	Cheeseburger WW Bun Lettuce & Tomato French Fries Baked Beans Pears Veggie Tray Milk	Meatball Sandwich Salad Applesauce Fresh Fruit Ice Cream Milk	Apple String Cheese Juice
TUESDAY	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Roast Beef Mashed Potatoes & Gravy Steamed Broccoli Cheese Sauce Applesauce WW Bread Milk	Tomato Soup Grilled Cheese Sandwich Crackers Veggies Fresh Fruit Milk	Cereal Bar Milk
WEDNESDAY	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Grilled Chix Filet WW Bun Lettuce & Tomato Sweet Tator Tots Orange Sections Milk	Chili Dogs French Fries Mandarin Oranges Veggie Tray Milk	Yogurt Graham Crackers Milk
THURSDAY	French Toast Syrup Fresh Fruit Orange Juice Milk	Meatloaf Baked Potato Green Beans Peaches WW Bread Milk	Tuna Salad sandwich w/cheese Chips Pears Raw Carrots w/Ranch Dressing Milk	Brownie Milk
FRIDAY	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Beef & Noodles Mashed Potatoes Corn Pineapple WW Bread Milk	Cold Ham & Cheese Sandwich Pasta Salad Jello with Fruit Relish Tray Milk	Cookie Milk
SATURDAY	Cold Cereal Cinnamon Toast Fresh Fruit Orange Juice Milk	Beef Tacos Lettuce & Tomato Tator Tots Corn Fresh Fruit Milk	Maidrites WW Bun Onion Rings Green Beans Fresh Fruit Milk	Popcorn SF Punch

PCYS MENU Week 2

Day Of Week	Breakfast	Lunch	Dinner	Snack
SUNDAY	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Breaded Cod Sandwich WW Bun French Fries Mixed Veggies Rosy Applesauce Milk	Ravioli Salad Greens Breadsticks Fresh Fruit Milk	Ice Cream Bar
MONDAY	Oatmeal WW Toast Fresh Fruit Orange Juice Milk	Chili Cornbread Crackers Honey Butter Fresh Broccoli Baby Carrots Fresh Fruit Milk	Chicken Parmesan Pasta Fresh Veggies Breadsticks Ice Cream Milk	Apple String Cheese Juice
TUESDAY	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Sliced Pork on WW Bun Cheese Slice Baked Beans Sweet Potato Fries Pears Milk	Orange Chicken Rice Pineapple Tidbits Mandarin Oranges Milk	Cookies Milk
WEDNESDAY	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Baked Chicken Mashed Potatoes WW Bread Steamed/Baby Carrots Mixed Fruit Milk	Homemade Soup Cornbread Honey Butter 5 Cup Salad Veggie/Relish Tray Milk	Yogurt Graham Crackers Milk
THURSDAY	Waffles Syrup Sausage Patties Fresh Fruit Orange Juice Milk	Spaghetti with Meat Sauce Salad Greens WW Breadsticks Fresh Fruit Milk	Salisbury Steak Mashed Potatoes & Gravy WW Bread Corn Peach Crisp Milk	Cookie Milk
FRIDAY	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Beef Stew Corn Bread Honey Butter Cole Slaw Orange Sections Milk	Pizza Salad Greens Mixed Fruit Pudding Milk	WG Corn Chips Salsa Juice
SATURDAY	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Chicken Nuggets French Fries Green Beans Mixed Fruit WW Bread Milk	Hot Dog on WW Bun Relish Tray Pasta Salad Fruit Milk	Popcorn SF Punch

Last Updated: 7-22-15

PCYS MENU Week 3

Day Of Week	Breakfast	Lunch	Dinner	Snack
SUNDAY	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Ham WW Bread Mashed Potatoes & Gravy Corn Mixed Fruit Milk	Goulash Bread Sticks Salad Greens Cottage Cheese Peaches Milk	Ice Cream Bar
MONDAY	Oatmeal WW Toast Fresh Fruit Orange Juice Milk	Chicken Tacos Lettuce & Tomato Tator Tots Black Beans Peaches Milk	Tenderloin on WW Bun Pickle, Onion Peas & Carrots Applesauce Ice Cream Milk	Cereal Bar Milk
TUESDAY	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Mac & Cheese Mixed Veg. Salad Greens Pears Bread Milk	Corn Dogs Onion Rings Green Beans Pineapple Milk	Trail Mix Juice
WEDNESDAY	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Baked Fish Filet Brown Rice Baby Carrots Cole Slaw Pineapple Milk	Cheeseburger on Bun Lettuce, Tomato, Onion French Fries Relish Tray Apple Crisp Milk	Cookie Milk
THURSDAY	Waffles Syrup Sausage Patties Fresh Fruit Orange Juice Milk	Baked Potato Bar Taco Meat Cheese Sauce Steamed Broccoli Orange Sections WW Bread Milk	Chicken Nuggets Potato Casserole Veggies & Dip Jello w/Fruit Milk	Royal Brownie Milk
FRIDAY	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Chef's Salad with Chicken Grape Tomatoes Peaches Cottage Cheese Fresh Fruit Milk	Pulled Pork on Bun BBQ Sauce Baked Beans Applesauce Carrot Sticks Milk	Apples & Cheese Sticks Milk
SATURDAY	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Cavatelli Bread Sticks Salad Greens & Tomatoes Applesauce Milk	Chicken Patty Sandwich on WW Bun Chips Corn Fruit Milk	Popcorn SF Punch

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