

# PCYS MENU

## Fall/Winter Week 1

Day Of Week	Breakfast	Lunch	Dinner	Snack
<b>SUNDAY</b>	Cold Cereal Coffee Cake Fresh Fruit Orange Juice Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans Mixed Fruit WW Bread Milk	Beer Battered Cod Fruit Jello Cole Slaw Corn Bread Honey Butter Fresh Fruit Milk	Ice Cream Bar
<b>MONDAY</b>	Oatmeal Cinnamon Toast Fresh Fruit Orange Juice Milk	Cheeseburger WW Bun Lettuce & Tomato French Fries Baked Beans Pears Veggie Tray Milk	Meatball Sandwich Fresh Veggies Fresh Fruit Cake Ice Cream Milk	Apple String Cheese Juice
<b>TUESDAY</b>	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Roast Turkey Mashed Potatoes & Gravy Green Beans Fruit Cocktail WW Bread Milk	Chicken Wings Au Gratin Potatoes Mixed Veggies Fresh Fruit Milk	Cereal Bar Milk
<b>WEDNESDAY</b>	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Grilled Chix Filet WW Bun Lettuce & Tomato Sweet Potato Fries Orange Sections Milk	Chili Dogs French Fries Mandarin Oranges Veggie Tray Fresh Fruit Milk	Yogurt Graham Crackers Milk
<b>THURSDAY</b>	French Toast Syrup Fresh Fruit Orange Juice Milk	Meatloaf Baked Potato Green Beans Peaches WW Bread Milk	Sloppy Joes WW Bun Onion Rings Peas & Carrots Veggie Tray Fresh Fruit Milk	Brownie Milk
<b>FRIDAY</b>	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Beef & Noodles Mashed Potatoes Corn Pineapple Tidbits WW Bread Milk	Ravioli Side Salad Canned Fruit Bread/Butter Fresh Fruit Milk	Cookie Milk
<b>SATURDAY</b>	Cold Cereal Cinnamon Toast Fresh Fruit Orange Juice Milk	Beef Tacos Lettuce & Tomato Tator Tots Corn Fresh Fruit Milk	Tenderloin WW Bun Lettuce, Tomato, Pickle Baked Beans Relish Tray Fresh Fruit Milk	Popcorn SF Punch

**Last Updated: 11-3-23**

**\*This institution is an equal opportunity provider.**

## PCYS MENU

### Fall/Winter Week 2

<b>Day Of Week</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>SUNDAY</b>	Cold Cereal Coffee Cake Fresh Fruit Orange Juice Milk	Breaded Cod Sandwich WW Bun French Fries Mixed Veggies Rosy Applesauce Milk	Corn Dogs Baked Beans Fruit (cook's choice) Cottage Cheese Veggies & Dip Fresh Fruit Milk	Ice Cream Bar
<b>MONDAY</b>	Oatmeal WW Toast Fresh Fruit Orange Juice Milk	Chili Cornbread Honey Butter Broccoli Baby Carrots Crackers Fresh Fruit Milk	Lasagna Lettuce Salad Veggies Breadsticks Ice Cream Fresh Fruit Milk	Apple String Cheese Juice
<b>TUESDAY</b>	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Sliced Pork on WW Bun Fajita Veggies Cheese Slice Baked Beans Sweet Potato Fries Pears Milk	Chicken Nuggets French Fries Pineapple Tidbits Mandarin Oranges Fresh Fruit Milk	Cookies Milk
<b>WEDNESDAY</b>	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Baked Chicken Mashed Potatoes WW Bread Carrots Mixed Fruit Milk	Homemade Soup Cornbread Honey Butter 5 Cup Salad Veggie/Relish Tray Fresh Fruit Milk	Yogurt Graham Crackers Milk
<b>THURSDAY</b>	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 Fresh Fruit Milk	WG Corn Chips Salsa Milk
<b>FRIDAY</b>	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Beef Stew Corn Bread Honey Butter Cole Slaw Orange Sections Milk	Nachos Salad Canned Fruit Fresh Fruit Milk	Cookie Juice
<b>SATURDAY</b>	Cold Cereal WW Toast Fresh Fruit Orange Juice Milk	Chicken Nuggets French Fries Green Beans Mixed Fruit Milk	Hot Dog on WW Bun Relish Tray Pasta Salad Fresh Fruit Milk	Popcorn SF Punch

Last Updated: 12-20-23

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## PCYS MENU

### Fall/Winter Week 3

<b>Day Of Week</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>SUNDAY</b>	Cold Cereal Coffee Cake Fresh Fruit Orange Juice Milk	Ham WW Bread Mashed Potatoes & Gravy Corn Mixed Fruit Milk	Hamburger Tator Tot Casserole Mandarin Oranges & Pineapple Tidbits Veggie Tray WW Bread Fresh Fruit Milk	Ice Cream Bar
<b>MONDAY</b>	Oatmeal WW Toast Fresh Fruit Orange Juice Milk	Chicken Tacos Lettuce & Tomato Tator Tots Black Beans Peaches Milk	Fajita Steak Sandwich Cubed Breakfast Potatoes Cake Ice Cream Fresh Fruit Milk	Cereal Bar Milk
<b>TUESDAY</b>	Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk	Mac & Cheese Mixed Veg. Salad Greens Pears Bread Milk	Orange Chicken Rice Pineapple Tidbits Mandarin Oranges Fresh Fruit Milk	Trail Mix Juice
<b>WEDNESDAY</b>	Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk	Baked Fish Filet Brown Rice Baby Carrots Cole Slaw Pineapple Tidbits Milk	Cheeseburger on Bun Lettuce, Tomato, Onion French Fries Relish Tray Apple Crisp Milk	Cookie Milk
<b>THURSDAY</b>	Waffles Syrup Sausage Patties Fresh Fruit Orange Juice Milk	Baked Potato Bar Taco Meat Cheese Sauce Steamed Broccoli Fresh Fruit WW Bread Milk	Pizza Salad Greens Pudding Fresh Fruit Milk	Brownie Milk
<b>FRIDAY</b>	Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk	Chef's Salad with Chicken Bread Sticks Peaches Cottage Cheese Fresh Fruit Milk	Fish Sticks Au Gratin Potatoes Mixed Vegetables Jello Fresh Fruit Milk	Apples & Cheese Sticks Milk
<b>SATURDAY</b>	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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