

PCYS MENU

Spring/Summer Week 1

| Day of Week | Breakfast | Lunch | Dinner | Snack |
|------------------|---|--|--|-----------------------------------|
| SUNDAY | Cold Cereal Coffee Cake Fresh Fruit Orange Juice Milk | Salisbury Steak Mashed Potatoes & Gravy Green Beans Mixed Fruit WW Bread Milk | Beer Battered Cod Cole Slaw Fruit Jell-O Corn Bread Honey Butter Fresh Fruit 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 Fresh Veggies Cake Ice Cream Fresh Fruit Milk | Apple String Cheese Juice |
| TUESDAY | Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk | Roast Turkey Mashed Potatoes & Gravy Steamed Broccoli Cheese Sauce Fruit Cocktail WW Bread Milk | Chicken Wings Au Gratin Potatoes Mixed Vegetables Fresh Fruit Milk | Cereal Bar Milk |
| WEDNESDAY | 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 |
| THURSDAY | French Toast Syrup Fresh Fruit Orange Juice Milk | Meatloaf Baked Potato Green Beans Peaches WW Bread Milk | Sloppy Joes WW Bun Onion Rings Green Beans Veggie Tray Fresh Fruit Milk | Brownie Milk |
| FRIDAY | Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk | Beef & Noodles Mashed Potatoes Corn Pineapple Tidbits WW Bread Milk | Tuna Salad sandwich w/cheese Chips Pears Raw Carrot w/Ranch Dressing Fresh Fruit Milk | Cookie Milk |
| SATURDAY | Cold Cereal Cinnamon Toast Fresh Fruit Orange Juice Milk | Beef Tacos Lettuce & Tomato Tator Tots Corn Fresh Fruit Milk | Tenderloin w/Bun Lettuce, Tomato, Pickle Baked Beans Relish Tray Fresh Fruit Milk | Popcorn SF Punch |

Last Updated: 3-6-20

*This institution is an equal opportunity provider.

PCYS MENU

Spring/Summer Week 2

| Day of Week | Breakfast | Lunch | Dinner | Snack |
|------------------|--|--|---|-----------------------------------|
| SUNDAY | 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 Cottage Cheese Fruit (Cook's Choice) Veggies & Dip Fresh Fruit Milk | Ice Cream Bar |
| MONDAY | Oatmeal WW Toast Fresh Fruit Orange Juice Milk | Brat on Bun Sauerkraut Baked Beans Fruit Cocktail Relish/Veggie Tray Fresh Fruit Milk | Lasagna Lettuce Salad Breadsticks Ice Cream Fresh Fruit Milk | Apple String Cheese Juice |
| TUESDAY | Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk | Sliced Pork on WW Bun Cheese Slice Fajita Veggies Green Beans Sweet Potato Fries Pears Milk | Orange Chicken Rice Pineapple Tidbits Mandarin Oranges Fresh Fruit Milk | Cookies Milk |
| WEDNESDAY | Sausage Gravy and Biscuits Fresh Fruit Orange Juice Milk | Baked Chicken Mashed Potatoes WW Bread Carrot Coins Mixed Fruit Milk | Homemade Soup Cornbread Honey Butter 5 Cup Salad Veggie/Relish Tray Fresh Fruit 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 Fresh Fruit Milk | Cookie Milk |
| FRIDAY | Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk | Cold Turkey Sandwich Jello Cole Slaw Chips Fresh Fruit Milk | Pizza Salad Canned Fruit Pudding Fresh Fruit Milk | WG Corn Chips Salsa Juice |
| SATURDAY | Cold Cereal WW Toast Fresh Fruit Orange Juice Milk | Chicken Nuggets Honey Mustard French Fries Green Beans Mixed Fruit WW Bread Milk | Hot Dog on WW Bun Relish Tray Pasta Salad Fresh Fruit Milk | Popcorn SF Punch |

Last Updated: 3-6-20

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

PCYS MENU

Spring/Summer Week 3

| Day of Week | Breakfast | Lunch | Dinner | Snack |
|--------------------|--|--|--|-----------------------------------|
| SUNDAY | Cold Cereal Coffee Cake Fresh Fruit Orange Juice Milk | Ham WW Bread Mashed Potatoes & Gravy Corn Mixed Fruit Milk | Tator Tot Casserole Mandarin Oranges & Pineapple Tidbits Veggie Tray WW Bread Fresh Fruit Milk | Ice Cream Bar |
| MONDAY | Oatmeal WW Toast Fresh Fruit Orange Juice Milk | Chicken Tacos Lettuce & Tomato Tator Tots Black Beans Peaches Milk | Fajita Sandwich Potato Salad Cake Ice Cream Fresh Fruit Milk | Cereal Bar Milk |
| TUESDAY | Pancakes Syrup Sausage Patty Fresh Fruit Orange Juice Milk | Mac & Cheese Mixed Veg. Salad Greens Pears Bread Milk | Pork Chops Mashed Potatoes Peas & Carrots Applesauce WW Bread/Butter Fresh Fruit Milk | Trail Mix Juice |
| WEDNESDAY | 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 Apple Crisp Fresh Fruit Milk | Cookie Milk |
| THURSDAY | Waffles Syrup Sausage Patties Fresh Fruit Orange Juice Milk | Baked Potato Bar Taco Meat Cheese Sauce Steamed Broccoli Fresh Fruit WW Bread Milk | Chicken Chunks Au Gratin Potatoes Jell-O w/Fruit Relish Tray Fresh Fruit Milk | Royal Brownie Milk |
| FRIDAY | Scrambled Eggs WW Toast (x2) Fresh Fruit Orange Juice Milk | Chef's Salad with Chicken Bread Sticks Peaches Cottage Cheese Fresh Fruit Milk | Pulled Pork on Bun BBQ Sauce Baked Beans Mixed Fruit Carrot Sticks Fresh Fruit 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 Corn Chips Fresh Fruit Milk | Popcorn SF Punch |

Last Updated: 3-6-20

*This institution is an equal opportunity provider.