

PCA Menu - Lower School Campus -January - May 2010

Week #	Item	Monday - Items	Tuesday - Items	Wednesday	Thursday	Friday
Jan 4 - 8	Hot Lunch	Chicken Sandwich	Sloppy Joe	Chicken Fingers	Cheeseburger	Pizza
Feb -8-12		Broccoli with cheese	Macaroni and Cheese	parmesan noodles	Potato smiles	Baby carrots w/ranch
March 15-19		Grapes	Baby Carrots	Sliced Oranges	Grapes	Fresh Cut Melon Wedges
April 19-23		cookie	Jello Cup	Sherbet	Cookie	Ice Cream
May 24 - 28		<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>
	Healthy Choice	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>
	a la carte	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads
		Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
Week #	Item	Monday - Items	Tuesday - Items	Wednesday	Thursday	Friday
Jan 11 - 15	Hot Lunch	Chicken Quesadilla	Rotini and meatballs	Chicken Fingers	Chicken Fried Steak	Pizza
Feb 15 - 19		Black Beans	Garlic bread	Parmesan noodles	Mashed Potatoes	Baby carrots w/ranch
March 22 - 26		Cookies	Caesar Salad	Sliced Oranges	Green Beans	Fresh Cut Melon Wedges
April 26-30		Spanish rice	Jello Cup	Sherbet	Cookie	Ice Cream
		<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>
	Healthy Choice	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>
	a la carte	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads
		Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
Week #	Item	Monday - Items	Tuesday - Items	Wednesday	Thursday	Friday
Jan 18 -22	Hot Lunch	Chicken Sandwich	Corn Dog	Chicken Fingers	Cheeseburger	Pizza
Feb 22 - 26		Grapes	Macaroni and Cheese	Parmesan noodles	Potato smiles	Baby carrots w/ranch
March 29-Apr-2		Broccoli With Cheese	Cooked Baby Carrots	Sliced Oranges	Grapes	Fresh Cut Melon Wedges
May 3 - 5		Cookie	Jello Cup	Sherbet	Cookie	Ice Cream
		<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>
	Healthy Choice	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>
	a la carte	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads
		Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
Week #	Item	Monday - Items	Tuesday - Items	Wednesday	Thursday	Friday
Jan 25 - 29	Hot Lunch	Hot Dog	Lasagna	Chicken Fingers	Chicken Quesadilla	Pizza
March 1- 5		Baked Tator tots	Garlic Bread	Parmesan noodles	Black Beans	Baby carrots w /ranch
April 5-9		Buttered Corn	Caesar Salad	Sliced Oranges	Spanish Rice	Fresh Cut Melon Wedges
May 10-14		Jello Cup	Cookie	Sherbet	Cookie	Ice Cream
		<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>
	Healthy Choice	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>
	a la carte	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads
		Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes
Week #	Item	Monday - Items	Tuesday - Items	Wednesday	Thursday	Friday
Feb-1- -5	Hot Lunch	Cheeseburger	Crunchy beef tacos	Chicken Fingers	Chicken fried steak	Pizza
March 8-12		potato smiles	Spanish rice	Parmesan noodles	Mashed potatoes	Baby carrots w/ ranch
April 12-16		grapes	fresh carrots w ranch dressing	Sliced Oranges	Green Beans	Fresh Cut Melon Wedges
May 17-21		cookie	Jello Cup	Sherbet	Cookie	Ice Cream
		<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>	<i>Yogurt with Granola</i>
	Healthy Choice	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>	<i>Fresh Veggie Sticks with Dressing</i>
	a la carte	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads	Fresh Assorted Salads
		Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes	Baked Potatoes