Pocahontas Area Schools Pocahontas. Iowa PAC Café breakfast and lunch menu

MONDAY

Menu is subject to change.

www.pacsd.org

12TH **Confetti

juice & milk

grapes & milk

pancakes, syrup, fruit,

**Cheese stuffed

breadstick, marinara,

fruit, juice & milk

**PAC Maid-rites.

glazed baby carrots, red

19TH **Breakfast pizza,

bun, ketchup, mustard,

pickles, baked beans,

fruit cocktail & milk

26TH **Cinnamon toast

fruit, juice & milk

**Italian chicken, bun,

crunch breakfast break aways,

ketchup, mayo, baked beans,

peaches, cottage cheese & milk



6TH **Eggoji ⊕ waffles, 5TH NO SCHOOL ham patty, syrup, fruit, juice & milk **Hotdog, bun, ketchup,

mustard, relish, seasoned curly fries, rosy applesauce & milk

TUESDAY

13TH **Mini cake donuts, fruit, juice & milk

**Chicken fillet, bun, lettuce, mayo, ketchup, corn, rosy pears & milk

20TH **Pancake stick. syrup, fruit, juice & milk **French bread pepperoni, corn, applesauce pouch & milk Chocolate Pudding

27TH **Ham & cheese breakfast bar, fruit, juice & milk **Goulash, garlic stick, lettuce salad/cherry tomatoes, fresh carrot coins, ranch, pears & milk

WEDNESDAY

We will begin offering soup in October.

Milk options are skim & chocolate skim.

7TH **Cinnamon pull a parts, fruit, juice & milk **Crispitos, rice, shredded lettuce, onion, cheese, diced tomatoes, sour cream, sliced apples & milk

 14^{TH}

NO SCHOOL Teacher PD

21ST **Biscuits & gravy, sausage links, fruit, juice & milk ** Macaroni & cheese, corndog bites, ketchup, mustard, fresh broccoli, ranch, strawberries & milk

28TH **Cherry turnover, yogurt cup, fruit, juice & milk **Chipotle bowl[©] Taco meat, rice, diced tomatoes, queso, sour cream, tortilla chips, guacamole, peas, fresh pineapple & milk

THURSDAY

1ST **Mozzarella & egg breakfast bagel, fruit, juice & milk

**Hamburger, bun, ketchup, mustard, pickles, smiley potatoes, watermelon and milk Rice Krispie treat ©

**Waffle sticks, syrup, fruit,

**Breaded pork patty, bun,

**Elem Chris Cakes,

ketchup, mustard, pickles,

syrup, sausage links, fruit, juice &

milk ** MS/HS Belgian waffles,

**Orange chicken, rice, celery &

carrot sticks, ranch, watermelon &

22ND **Hot ham & cheese

breakfast croissant, fruit.

ketchup, mustard, pickles,

29TH **French toast sticks,

syrup, bacon, fruit, juice &

**Pepperoni stuffed crust

pizza, ranch, corn,

watermelon & milk

**Cheese burger, bun,

apples/caramel & milk

syrup, sausage links, fresh

milk Grandma C@@kie

strawberries & milk

juice & milk

tater tots, sliced

buttered beets, cottage

cheese, peaches & milk

8TH

15TH

juice & milk

9TH

**Cook's choice, fruit, juice & milk **Mr. Ribb, hoagie bun, ketchup, BBQ, baked beans, banana & milk

FRIDAY

2ND **Cook's choice.

fruit, juice & milk

banana & milk

**Chicken nuggets,

ketchup, BBQ, ranch,

green bean casserole,

16TH PAC Homecoming

Red Velvet C[©]©kie

** © Elem Belgian waffles, syrup, sausage links, fresh strawberries & milk **MS/HS Chris Cakes, syrup, sausage links, fruit, juice & milk **Hot beef sandwich, mashed potatoes, gravy, bread, butter, baby carrots, ranch, banana & milk Paige's pickle pouches

23RD **Cook's choice. fruit, juice & milk **Chicken strips, ketchup, BBQ, ranch, cowboy bread & butter green beans, banana & milk

30TH **Cook's choice. fruit, juice & milk **Corndog, ketchup, mustard, buttered potatoes, strawberries banana & milk

MENU 2022

GEAR UP FOR DANCE



I am so excited to welcome our new cooks © Sarah Hohensee **Kaylee Schroeder Meghan Ernst** Welcome back Pam Vinsand **Cook Subs** Carolyn Sheda **Lois Sampson Tim Cook** What a great team [©] Jeanne

GO INDIANS!



tball Volleyball CC FFA Band Flag team "This institution is an equal opportunity provider"

milk