

Prairie Central CUSD #8
2011-2012

School Menu



Breakfast Menu

Breakfast is offered at all schools. Choice of Fruit or Juice, and Milk are offered with all Breakfasts



Week 1

- Monday: Waffle or Waffle Stix
- Tuesday: Funnel Cake
- Wednesday: Pancake Sausage Dog
- Thursday: Breakfast Pizza
- Friday: Cereal and Donut

Week 2

- Monday: Breakfast Bagel
- Tuesday: Egg Patty/Cheese and Biscuit
- Wednesday: Pancake w/Sausage Patty
- Thursday: Breakfast Pizza
- Friday: Cereal and Pop-Tart®

Week 3

- Monday: French Toast or French Toast Stix
- Tuesday: Cinnamon Roll
- Wednesday: Pancake Sausage Dog
- Thursday: Breakfast Bacon Scramble
- Friday: Yogurt and Donut

Week 4

- Monday: Egg Patty/Cheese and Toast
- Tuesday: Breakfast Bagel
- Wednesday: Sausage Patty & English Muffin
- Thursday: Breakfast Pizza
- Friday: Cereal and Toast

Did You Know

A school breakfast is made up of at least 3, but no more than 4 meal components, which are defined as 1 serving of fruit or juice, 1 serving of milk, 1oz. meat/meat alternative, 1 eq. Grain/Bread.

Prairie Central High School Supports Local Businesses!
Local vendors from the community offer students the opportunity to choose menu items from the PCHS concession stand.

Daily Offerings

- Salad Bar offered daily at the Junior High and High Schools
- Whole Grain Bread offered Daily

Chef's Choice Options

One Entrée from list will be offered on Chef's Choice Day:

- Huntington Chicken
- Roast Pork with Mashed Potatoes & Gravy
- Roast Turkey with Mashed Potatoes & Gravy
- Oven Roasted Chicken with Mashed Potatoes & Gravy
- Sub Sandwich
- Grilled Cheese Sandwich & Chili
- Grilled Cheese Sandwich & Chicken Noodle Soup
- Fajita Chicken Wrap
- Breakfast for Lunch

Vegetables Choice of One Daily:

- Baked Beans
- Bean Salad
- Broccoli
- California Blend
- Carrots with Dip
- Hot Candied Carrots
- Corn
- Green Beans
- Hummus Dip
- Shredded Lettuce
- Peas
- Variety of Relishes w/Dip
- Potato Fries
- Romaine Lettuce
- Potato Rounds
- Sweet Potato Fries
- Potato Wedges
- Refried Beans

Fruits Choice of One Daily:

- Apple
- Apple Slices
- Chilled Applesauce
- Warm Cinnamon Apples
- Banana
- Fruit Crisp
- Grapes
- Orange Wedges
- Chilled Peaches
- Chilled Pears
- Fresh Pear
- Chilled Pineapple
- Strawberries

Meal Pricing

Breakfast	\$1.65
Reduced Breakfast	\$0.30
Elementary Lunch	\$2.20
Jr. High Lunch	\$2.40
High School Lunch	\$2.65
Reduced Lunch	\$0.40

Drinks

- Low-Fat Milk Offered Daily:
- White (Skim)
- Chocolate (1%)

Whole Grains

Whole Grains Energize Your Day!
Whole grains, like whole wheat bread are nutrient rich. They contain bran and germ for a healthy heart and digestive system.

Weekly Lunch Menu

* Denotes Whole Grain Product

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
	• Hot Pretzel* with Cheese Sauce • Ham	• Hot Dog on a Bun • Cottage Cheese	• Soft Shell Taco with Meat & Cheese • Shredded Lettuce, Salsa	• Pizza • Bakery Treat	• Chicken Nuggets • Baked Potato with Toppings
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
	• Corn Dog Nuggets	• Mozzarella Cheese Dippers	• Chicken Patty • Mashed Potatoes with Gravy	• Chef's Choice (Meat Entrée) • Jello Square	• Nacho Supreme with Meat & Cheese Sauce • Shredded Lettuce • Tortilla Chips*
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
	• Cheeseburger on a Bun	• Stuffed Crust Pizza	• Taco Salad with Meat & Cheese • Shredded Lettuce, Salsa • Tortilla Chips* • Frozen Yogurt or Sherbert	• Spaghetti with Meat Sauce • Garlic Bread	• Chicken Nuggets • Mashed Potatoes with Gravy
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
	• Corn Dog • Graham Crackers*	• Pizza	• Chicken Patty on a Bun	• Chef's Choice (Meat Entrée) • Frozen Orange Juice Bar	• Bosco Mozzarella Cheese Stick With Meat Sauce • Pasta

Lunch Meal Calendar

● Week One Meal Plan ● Week Two Meal Plan ● Week Three Meal Plan ● Week Four Meal Plan

August '11	September '11
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23* 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
October '11	November '11
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
December '11	January '11
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
February '12	March '12
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
April '12	May '12
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

*1pm Early Dismissal