

Menus  
for  
**December  
2018**

Perquimans County  
Middle  
School

This institution is an equal opportunity provider.  
Menus are subject to change.

**The original value meal  
& still a fantastic deal!**

Grades PK-5    Grades 3-12

**\$2.45    \$2.70**

Get in touch with us today to learn more about  
free and reduced-price meals in our district:  
**252-426-5741** or [shirleypelletier@pqschools.org](mailto:shirleypelletier@pqschools.org)

To help build healthy eating habits...  
**BREAKFAST AT NO COST**  
is available to all students in  
Grades Pre-K to 5th !!!

Middle School and High School  
students can enjoy breakfast for only  
**\$1.00** (free for reduced students by state funding)

**Monday, December 3**

**Breakfast**  
Super Donut  
Juice & Mixed Fruit

**Lunch**

**Entree Select One:**  
Spicy Chicken Sandwich on Bun  
Yogurt Grab & Go Bag

**Must Pick One, May Select All**  
Golden Corn  
Oven Baked Fries  
Pears  
Mixed Berry Cups  
Milk Choice

**Tuesday, December 4**

**Breakfast**  
Chicken Biscuit  
Juice & Craisins

**Lunch**

**Entree Select One:**  
Nacho's Grande w/ chips  
Manager's Choice

**Must Pick One, May Select All**  
Side Salad Tray w/ Ranch  
Ranchero Beans  
Peaches  
Mixed Fruit  
Milk Choice

**Wednesday, December 5**

**Breakfast**  
Pancake Sausage on Stick  
Juice & Peach Cups

**Lunch**

**Entree Select One:**  
Chicken & Rice Soup &  
Grilled Cheese Sandwich  
Strawberry Parfait

**Must Pick One, May Select All**  
Fresh Veggie Cups w/ ranch dip  
Parslied Corn  
Peaches  
Pineapple Tidbits  
Milk Choice

**Thursday, December 6**

**Breakfast**  
Dunkin Stix  
Juice & Mixed Berry Cups

**Lunch**

**Entree Select One:**  
Stuffed Crust Pepperoni Pizza\*  
Manager's Choice

**Must Pick One, May Select All**  
Steamed Broccoli  
Sweet Potato Fries  
Spiced Apples  
Peaches  
Milk Choice

\*Turkey Product

**Friday, December 7**

**Breakfast**  
Cinnamon Toast Crunch Bar & Cheese Stick  
Juice & Applesauce Cups

**Lunch**

**Entree Select One:**  
Chicken Nuggets & Roll  
Yogurt Grab & Go Bag

**Must Pick One, May Select All**  
Glazed Carrot Coins  
Seasoned Green Beans  
Peach Crisp  
Peaches  
Milk Choice

**Monday, December 10**

**Breakfast**  
Warm Fruit Muffin  
Juice & Mixed Fruit

**Lunch**

**Entree Select One:**  
All Beef Hot Dog w/ Chili on Bun or  
BBQ Sandwich on Bun

**Must Pick One, May Select All**  
Cole Slaw  
Oven Baked Fries  
Strawberry Cups  
Applesauce  
Milk Choice

**Tuesday, December 11**

**Breakfast**  
Sausage Biscuit  
Juice & Craisins

**Lunch**

**Entree Select One:**  
Pizza Sticks w/ Marinara Sauce  
Turkey/Cheese Sandwich w/ chips

**Must Pick One, May Select All**  
Broccoli w/ cheese  
Sweet Potato Boats  
Rosy Pears  
Peaches  
Milk Choice

**Wednesday, December 12**

**Breakfast**  
Powdered Donuts  
Juice & Peach Cups

**Lunch**

**Entree Select One:**  
Cheesy Broccoli Chicken w/ Rice  
Manager's Choice

**Must Pick One, May Select All**  
Oven Baked Fries  
Golden Corn  
Mixed Berry Cups  
Applesauce  
Milk Choice

**Thursday, December 13**

**Breakfast**  
Chicken Biscuit  
Juice & Mixed Berry Cups

**Lunch**

**Entree Select One:**  
Hamburger Steak w/ gravy & Roll  
Peach Parfait

**Must Pick One, May Select All**  
Mashed Potato w/ gravy  
Seasoned Black Eye Peas  
Peaches  
Spiced Apples  
Milk Choice

**Friday, December 14**

**Breakfast**  
Dunkin Stix  
Juice & Applesauce Cups

**Lunch**

**Entree Select One:**  
Scooping Taco's w/ chips  
Manager's Choice

**Must Pick One, May Select All**  
Lettuce/Tomato/Cheese for taco's  
Ranchero Beans  
Mexicali Corn  
Pineapple Tidbits  
Mixed Fruit  
Milk Choice

**Monday, December 17**

**Breakfast**  
Super Donut  
Juice & Mixed Fruit

**Lunch**

**Entree Select One:**  
Chicken Fajita Stir Fry over Rice  
Ham/Cheese Sandwich w/ chips

**Must Pick One, May Select All**  
Steamed Broccoli  
Seasoned Green Beans  
Pineapple Tidbits  
Mixed Fruit  
Milk Choice

**Tuesday, December 18**

**Breakfast**  
Sausage Biscuit  
Juice & Craisins

**Lunch**

**Entree Select One:**  
Bacon Cheeseburger on Bun  
Yogurt Grab & Go Bag

**Must Pick One, May Select All**  
Potato Roasters  
Seasoned Green Peas  
Peaches  
Pears  
Milk Choice

**Wednesday, December 19**

**Breakfast**  
Breakfast Pizza  
Juice & Peach Cups

**Lunch**

**Entree Select One:**  
Vegetable Beef Soup &  
Grilled Cheese Sandwich  
Manager's Choice

**Must Pick One, May Select All**  
Baby Carrots & Dip  
Dragon Punch  
Peach Cups  
Applesauce  
Milk Choice

**Thursday, December 20**

**Breakfast**  
Warm Cinnamon Roll  
Juice & Mixed Berry Cups

**Lunch**

**Entree Select One:**  
Stuffed Crust Pepperoni Pizza\*  
Cheeseburger on Bun

**Must Pick One, May Select All**  
Oven Baked Fries  
Dragon Punch  
Spiced Apples  
Peaches  
Milk Choice

\*Turkey Product

**Catch  
you in  
'19!**

**Holiday begins at  
the end of classes  
Thurs., Dec. 20**

**Classes resume  
Wed., Jan. 2**