

Menus
for
**December
2018**

Perquimans County
Elementary Schools
Central Elem & HGS

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

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 Berry Cups

Lunch

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

Must Pick One, May Select All
Golden Corn
Oven Baked Fries
Pears
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
Sausage Biscuit
Juice & Peach Cup

Lunch

Entree Select One:
Chicken & Rice Soup &
Grilled Cheese Sandwich
Manager's Choice

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 Fruit

Lunch

Entree Select One:
Stuffed Crust Pepperoni Pizza*
Grab & Go Yogurt Bag

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

*Turkey Product

Friday, December 7

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

Lunch

Entree Select One:
Chicken Nuggets & Roll
Turkey/Cheese Sandwich

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

Monday, December 10

Breakfast
Warm Fruit Muffin
Juice & Mixed Berry Cups

Lunch

Entree Select One:
All Beef Hot Dog w/ Chili on Bun
Grab & Go Yogurt Bag

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

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 Cup

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 Fruit

Lunch

Entree Select One:
Hamburger Steak w/ gravy & Roll
Cold Sandwich

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
Grab & Go Yogurt Bag

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

Monday, December 17

Breakfast
Super Donut
Juice & Mixed Berry Cups

Lunch

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

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
Grab & Go Yogurt Bag

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

Wednesday, December 19

Breakfast
Eggo French Toast
Juice & Peach Cup

Lunch

Entree Select One:
Vegetable Beef Soup &
Grilled Cheese Sandwich
Grab & Go Yogurt Bag

Must Pick One, May Select All
Baby Carrots w/ Ranch
Dragon Punch
Peach Cups
Applesauce
Milk Choice

Thursday, December 20

Breakfast
Warm Cinnamon Roll
Juice & Mixed Fruit

Lunch

Entree Select One:
Stuffed Crust Pepperoni Pizza*
Ham/Cheese Sandwich

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**