

Poteau Public School Breakfast Menu

August - September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				10 Biscuit & Sausage gravy or Cereal & toast, peaches, juice and milk	11 Yogurt Parfait, or Cereal & toast, apple, juice and milk	
	14 Breakfast Pizza or Cereal & toast, pineapples, juice and milk	15 Waffles w/syrup, or cereal & toast, mixed fruit, juice and milk	16 Omelet & toast, or Cereal & toast, banana, juice, and milk	17 Biscuit & Sausage, or cereal & toast, oranges, juice and milk	18 PPS/UES- Gogurt & Toast PHS/PKMS-Fruit Smoothie Or cereal & toast, apple, juice and milk	
	21 WG Blueberry or Banana Muffin, or Cereal & Toast, mixed fruit, juice and milk	22 Pancake Sausage on a Stick w/syrup, or Cereal & Toast, banana, juice and milk	23 Scrambled Eggs, toast or Cereal & toast, oranges, juice and milk	24 Biscuit & Sausage gravy or Cereal & toast, peaches, juice and milk	25 Yogurt Parfait, or Cereal & toast, apple, juice and milk	
	28 Breakfast Pizza or Cereal & toast, pineapples, juice and milk	29 French Toast Sticks w/ syrup, or Cereal & toast, mixed fruit, juice and milk	30 Oatmeal & toast, or Cereal & toast, banana, juice and milk	31 Biscuit & Sausage, or cereal & toast, oranges, juice and milk	Sept 1 PPS/UES- Gogurt & Toast PHS/PKMS-Fruit Smoothie Or cereal & toast, apple, juice and milk	
	NO SCHOOL	Sept 5 WG Blueberry or Banana Muffin, or Cereal & Toast, mixed fruit, juice and milk	Sept 6 Pancake Sausage on a Stick w/syrup, or Cereal & Toast, banana, juice and milk	Sept 7 Scrambled Eggs, toast or Cereal & toast, oranges, juice and milk	Sept 8 Biscuit & Sausage gravy or Cereal & toast, peaches, juice and milk	

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Poteau Public School High School and Middle School Lunch Menu

August - September 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				10 Taco or Southwest Wrap, salad, corn, peaches, milk	11 Pizza or PB & J sandwich, sweet potato waffle fries, apple, milk	
	14 Chicken Patty on a WG Bun, or Ham and Cheese Sandwich, French fries, Carrots, Oranges, milk	15 Salisbury Steak w/gravy or Pulled pork on a bun, mashed potatoes, green beans+9, mixed fruit, milk	16 Chicken Alfredo, or Chicken Salad on Flatbread, garlic bread, salad, broccoli, peaches, milk	17 Hot Dog on a WG Bun or Tuna Sandwich , Veggie Beans, WG Chips, pears and milk	18 WG Pizza Stick or Chicken Wrap, salad, sweet potato waffle fries, apple, and milk	
	21 Walking Taco or Burrito, WG Tortilla chips, salsa, salad, broccoli, peaches and milk	22 Chicken or Country Steak, mashed potatoes, carrots, mixed fruit and milk	23 Spaghetti,or Fish Sticks garlic bread, salad, pinto beans, applesauce and milk	24 Cheese Burger on a WG Bun or BBQ Rib on a WG Bun, Green Beans, French fries, pears and milk	25 Pizza or PB & J Sandwich, salad, sweet potato waffle fries, apple and milk	
	28 Frito Chili Pie w/cheese or Ham & Cheese Sandwich, WG Tortilla chips, salsa, salad, pinto beans, peaches and milk	29 Chicken & Waffle w/syrup or Southwest Wrap, Hashbrown Patty, carrots, mixed fruit and milk	30 Macaroni and Cheese or Chicken Salad on Flatbread, WG Roll, salad, broccoli, applesauce and milk	31 Chicken Patty on a WG bun or Tuna Sandwich, green beans, French fries, pears and milk	Sept 1 WG Pizza Stick or Chicken Wrap, salad, sweet potato waffle fries, apple, and milk	
27	NO SCHOOL	Sept 5 Chicken Fajita on WG tortilla or Turkey and Cheese Sandwich, tortilla chips, salsa, salad, broccoli, peaches and milk	Sept 6 Chicken & Steak Fingers, mashed potatoes, carrots, mixed fruit and milk	Sept 7 Spaghetti or Fish Sticks, garlic bread, salad, pinto beans, applesauce and milk	Sept 8 Cheeseburger or BBQ Beef on a WG Bun, green beans, French fries, pears and milk	

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Veggie and Fruit Bar offered Daily+