

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 Primary & Upper Elementary Lunch Menu

August 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				10 Chicken patty on a WG Bun, WG chips, salad, carrots, orange and milk	11 Pizza, salad, sweet potato waffle fries, apple and milk	
	14 Walking Taco, WG Tortilla chips, salsa, salad, pinto beans, peaches and milk	15 Salisbury Steak, mashed potatoes, carrots, mixed fruit and milk	16 Chicken alfredo, garlic bread, salad, broccoli, peaches and milk	17 Hot Dog on a WG Bun, Green Beans, French fries, pears and milk	18 WG Pizza Stick, salad, sweet potato waffle fries, apple, and milk	
	21 Chicken Fajita, WG Tortilla, WG Tortilla chips, salsa, salad, pinto beans, peaches and milk	22 Chicken, mashed potatoes, carrots, mixed fruit and milk	23 Spaghetti, garlic bread, salad, broccoli, applesauce and milk	24 Cheese Burger on a WG Bun, Green Beans, French fries, pears and milk	25 Pizza, salad, sweet potato waffle fries, apple and milk	
	28 Walking Taco, WG Tortilla chips, salsa, salad, pinto beans, peaches and milk	29 Steak Finger, mashed potatoes, carrots, mixed fruit and milk	30 Macaroni and Cheese, WG Roll, broccoli, applesauce and milk	31 Chicken Patty on a WG bun, green beans, French fries, pears and milk	Sept 1 WG Pizza Stick, salad, sweet potato waffle fries, apple, and milk	
	No school	Sept 5 Frito Chili pie w/ cheese, salad, pinto beans, peaches and milk	Sept 6 Chicken & Waffle w/syrup, Hashbriwn patty, carrots, mixed fruit and milk	Sept 7 Spaghetti, garlic bread, salad, corn, applesauce and milk	Sept 8 BBQ on a WG Bun, green beans, French fries, pears and milk	

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