Pocahontas Arca Schools PAC Café breakfast & lunch menu

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Pocahontas, Iowa

MENU 2023

2ND MERICA/4th of July

MONDAY

**Cheese omelet, muffin, fruit, juice & milk **Hotdog, bun, ketchup, mustard, steak fries, flag tortilla chips, salsa, mandarin oranges, bomb pop & milk

3RD TINSEL/Christmas

**Mini blueberry glazed donuts, fruit, juice & milk **Taco in a bag, lettuce, cheese, sour cream, salsa, rice, apple & milk

4[™]Wishful/St. Patrick's

**Breakfast beef gravy pizza, fruit, juice &milk **Mr. Rib, bun, ketchup, seasoned curly fries, watermelon, lime sherbet & milk

5TH THRILLE/Halloween

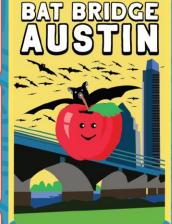
**Egg bake, toast, jelly, fruit, iuice & milk

**Cheeseburger, bun, ketchup, mustard, pickles, green beans, red pears & milk

6TH HOMECOMING SPIRIT DAY **MS/HS-Chris Cakes

Elem-pancakes, syrup, sausage link, fruit, juice & milk **BBQ chicken pizza, corn, banana & milk COOKIE ©

13TH **Ham & cheese



ANNOUNCEMENTS:

HOLIDAY

HOMECOMING WEEL

OCTOBER 2ND-6TF

9TH **Strawberry parfaits, donut, fruit, juice & milk **Pulled pork, bun, Ketchup, BBQ, baked beans, coleslaw, applesauce cup & milk

10TH **Pancake wrap, syrup, fruit, juice & milk **Italian chicken patty, bun, sweet potato puffs, ketchup, mayo, lettuce, strawberries & milk

17TH **Bacon & cheese

11TH

NO SCHOOL **TEACHER PD** 12TH **Waffles, syrup, fruit, juice & milk **Grilled cheese, ketchup, tomato soup, crackers, fresh mixed fruit, & milk

19[™] **Dutch waffles,

**Popcorn chicken

bowl mashed potato,

gravy, cheese, garlic

syrup, fruit, juice & milk

breakfast bar, fruit, juice & milk **Crispy chicken sandwich, bun, lettuce, mayo, corn, cantaloupe & milk

20TH **Cereal, donut, fruit, juice & milk **Pizza, corn, banana & strawberries & milk Cherry cobbler ©

16TH **Egg & cheese breakfast bagel,, fruit, juice & milk **Turkey & cheese sandwich, bun, ketchup, baked beans, peaches &

breakfast pizza, , fruit, juice & milk **Orange chicken, rice, glazed carrots, banana & milk cottage & milk 24TH **Strawberry parfait,

18TH **Mini apple breakfast bites, fruit, juice & milk **Crispitos, lettuce, cheese, sour cream, salsa, rice, sliced apples & milk

25TH **Biscuits & sausage

**Taco soup, cinnamon roll,

ranch, sour cream cheese,

fritos, fruit cocktail & milk

gravy, fruit, juice & milk

crackers, baby carrots,

knot, rosy pears &milk 26TH **Cheese & bacon scrambled eggs, toast & jelly, fruit, juice & milk **Tater tot beef, nachos, cheese, salsa, sour cream,

breadstick, pineapple & milk

27TH**Pancakes, syrup, fruit, juice & milk **Chicken strips, ketchup, ranch, BBQ, potato wedges, bread & butter, banana & milk

Merica Monday **Tinsel Tuesday**



Wishful Wednesday



Thriller Thursday,







23RD **Pancake wrap, syrup, fruit, juice & milk **Chicken Alfredo, peas, roll & butter, rosy applesauce & milk

30TH **Breakfast pizza, fruit, juice & milk **PAC maid-rites, bun, ketchup, mustard, pickles, FF, mandarin oranges & milk

Music

pop tart, , fruit, juice & milk **Lasagna, lettuce salad, tomatoes, cottage cheese, garlic bread, mixed fresh fruit & milk

roll & butter, watermelon &

31ST **Spooky eye donuts, go-gurt, fruit, juice & milk **Macaroni & cheese, corndog bites, ketchup, mustard, side salad, ranch,

"This institution is an equal opportunity provider"

Menu subject to change

National School Lunch Week October

9th _ 13th

Food and Nutr

National School

Football © Volleyball © CC © FFA © All Honor Choir © Solo Dance © State GO INDIANS!!