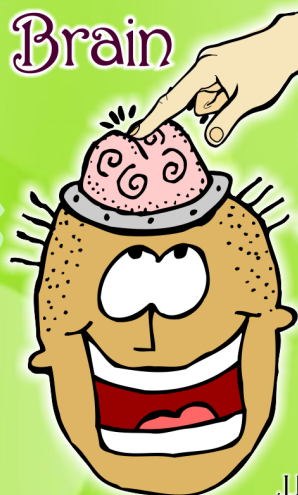


Menus for March 2019

Perquimans County Middle School

This institution is an equal



Brain Ticklers

What's the only thing in the world that you can take away the whole of it and still have some left?

(Hold the page upside down and read it in a mirror for the answer!)

The word "worlds"...

I am the letter

I

insect

Friday, March 1

Breakfast
Warm Cinnamon Roll
Fruit Juice, Applesauce Cup
Milk Choice

Lunch
Entree Select One:
Meatball Sub (WG)
Chef Salad w/ Flatbread

Must Pick 1, May Select 4
Green Beans
Golden Corn
Pears
Milk Choice

AVAILABLE DAILY

2018-19 Breakfast Prices
Paid Student (MS & HS) = \$1.00
Reduced Student (MS & HS) = Free
(Free due to state funding)
Adults pay by the items selected
Additional breakfast selections may vary by school

Juice, Fruit and a variety of Milk are offered with all breakfasts!
Students must select 3 items for breakfast including a fruit/vegetable selection.

Lunch Selections:
Low fat and skim milk choices available !
Students **DO NOT** have to select milk with their meal.
Students must select 3 of 5 items for lunch, may select all 5, must select at least 1 fruit or vegetable choice.

Sandwich choices must also select fruit/vegetable choice.
Parfait & Salad choices may also select fruit/vegetable choice.

Grab & Go Bag choices may also select vegetable choice
All Juices are 100% Fruit Juice

Monday, March 4

Breakfast
Dunkin Stix,
Applesauce Cup, Fruit Juice
Milk Choice

Lunch
Entree Select One:
Beef Nacho's Grande w/chips
Peach Parfait

Must Pick 1, May Select 4
Lettuce/Tomato/Cheese Toppings
Cajun Pinto's
Golden Corn
Pineapple Tidbits
Milk Choice

Tuesday, March 5

Breakfast
Sausage Biscuit
Peach Cup, Fruit Juice
Milk Choice

Lunch
Entree Select One:
Stuffed WG Crust Pepperoni Pizza
Grilled Chicken Salad & Flatbread

Must Pick 1, May Select 4
Steamed Broccoli & Cheese
Sweet Potato Fries
Applesauce Cups
Milk Choice

Wednesday, March 6

Breakfast
Warm Fruit Muffin,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch
Entree Select One:
Chicken Fajita Wrap (WG)
Turkey & Cheese Sandwich

Must Pick 1, May Select 4
Lettuce/Tomato/Cheese Toppings
Spinach Florentine
Fresh Yellow Apple
Milk Choice

Thursday, March 7

Breakfast
Cocoa Puff Cereal Bar & Cheese Stick,
Pears, Fruit Juice
Milk Choice

Lunch
Entree Select One:
Smoky Pork BBQ on WG Bun
Southwest Chicken Salad & Flatbread

Must Pick 1, May Select 4
Glazed Carrots
Oven Baked Fries
Mixed Fruit Cups w/ Jello
Milk Choice

Friday, March 8

Breakfast
Breakfast Pizza
Mixed Fruit Cup, Fruit Juice
Milk Choice

Lunch
Entree Select One:
Chicken Nuggets & WG Roll
Strawberry Parfait

Must Pick 1, May Select 4
Roasted Butternut Squash
Seasoned Green Beans
Mixed Berry Cups
Milk Choice

The original value meal & still a fantastic deal!

Breakfast	Lunch
Free \$1.00	\$2.45 \$2.70
Elementary Secondary	Elementary Secondary

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

SCHOOL BREAKFAST

START YOUR ENGINES!

Kids! Join us March 4-8 for National School Breakfast Week 2019

Spring Forward

Sunday, March 10

Perquimans County Schools have a
NO CHARGE POLICY !!!
Set up your students account today at
www.K12paymentcenter.com

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)

Word of the Month

stead·fast

adj. 1. Firmly fixed in place;
immovable 2. Firm in belief,
determination, or adherence;
loyal 3. Unwavering

MANY MOONS

Native Americans had special names for every
full moon of the year. One name for this
month's full moon is the "Full Crust
Moon," because by March snow cover is
melting during the day and re-
freezing and crusting over
by night.

Monday, March 11

Breakfast

Powdered Donuts,
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Spicy Chicken Filet Sandwich (WG)
Grab & Go Yogurt Bag
Must Pick 1, May Select 4
Potato Smiles
Golden Corn
Mixed Fruit

Milk Choice

Tuesday, March 12

Breakfast

Cereal & Cheese Stick,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Turkey/Cheese Sandwich & Chips
Southwest Chicken Salad & Flatbread
Must Pick 1, May Select 4
Broccoli & Cheese
Oven Baked Fries
Pineapple Tidbits

Milk Choice

Wednesday, March 13

Breakfast

Sausage Biscuit,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
BBQ Chicken & WG Texas Toast
Blueberry Parfait
Must Pick 1, May Select 4
Candied Yams
Black Eye Peas
Peach Cups

Milk Choice

Thursday, March 14

Breakfast

Breakfast Bread,
Pineapple Tidbits, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken & Rice Soup &
Grilled Cheese WG Sandwich
Grab & Go Yogurt Bag
Must Pick 1, May Select 4
Baby Carrots & Dip
Dragon Punch
Pears

Milk Choice

Friday, March 15

Breakfast

Yogurt & Graham Crackers,
Craisins, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Bacon Cheeseburger on WG Bun
Ham/Cheese Sandwich
Must Pick 1, May Select 4
Side Salad Tray w Pickles
Sweet Potato Puffs
Applesauce

Milk Choice

Monday, March 18

Breakfast

Trix Cereal Bar & Cheese Stick
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken Filet Sandwich on WG Bun
Chef Salad w/Flatbread
Must Pick 1, May Select 4
Golden Corn
Baked Beans
Peach Cup

Milk Choice

Tuesday, March 19

Breakfast

Chicken Biscuit,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Pizza Sticks (WG) w/ Marinara Sauce
Turkey/Cheese Sandwich
Must Pick 1, May Select 4
Steamed Broccoli & Cheese
Candied Yams
Spiced Apples

Milk Choice

Wednesday, March 20

Breakfast

Super Donut,
Mixed Fruit, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Cheeseburger on WG Bun
Grilled Chicken Salad w/ Flatbread
Must Pick 1, May Select 4
Seasoned Green Beans
Sweet Potato Fries
Peaches

Milk Choice

Thursday, March 21

Breakfast

Warm Cinnamon Roll,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Stuffed WG Crust Pepperoni Pizza
Ham/Cheese Sandwich
Must Pick 1, May Select 4
Baby Carrots & Dip
Seasoned Green Peas
Applesauce Cup

Milk Choice

Friday, March 22

Breakfast

Sausage Biscuit
Craisins, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Chicken Nuggets & WG Roll
Peach Parfait
Must Pick 1, May Select 4
Potato Smiles
Spinach Florentine
Strawberry Cups

Milk Choice

Monday, March 25

Breakfast

Dunkin Stix,
Applesauce Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Popcorn Chicken 'N Dutch Waffle
Peach Parfait
Must Pick 1, May Select 4
Roasted Butternut Squash
Seasoned Green Peas
Blueberries w/ Topping

Milk Choice

Tuesday, March 26

Breakfast

Chicken Biscuit,
Peach Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Cheeseburger on Bun
Chicken Caesar Salad & Flatbread
Must Pick 1, May Select 4
Baked Sweet Potato Fries
Broccoli w/ cheese
Applesauce
Milk

Milk

Wednesday, March 27

Breakfast

Warm Fruit Muffin,
Strawberry Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Oven Roasted Chicken w/ WG Roll
Cheeseburger on WG Bun
Must Pick 1, May Select 4
Mashed Potato/gravy
Seasoned Lima Beans
Pears

Milk Choice

Thursday, March 28

Breakfast

Cocoa Puff Cereal Bar & Cheese Stick,
Pears, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Scoopin' Tacos w/ chips
Chef Salad with Flatbread
Must Pick 1, May Select 4
Lettuce/Tomato/Cheese Toppings
Cajun Pinto's
Golden Corn
Peaches

Milk Choice

Friday, March 29

Breakfast

Breakfast Pizza
Mixed Fruit Cup, Fruit Juice
Milk Choice

Lunch

Entrée: Select One
Eastern NC BBQ Sandwich
Turkey/Cheese Sandwich
Must Pick 1, May Select 4
Creamy Cole Slaw
Glazed Carrots
Applesauce

Milk Choice