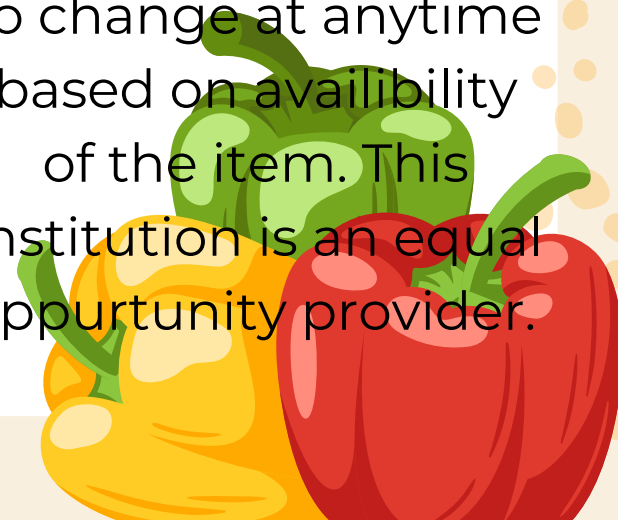
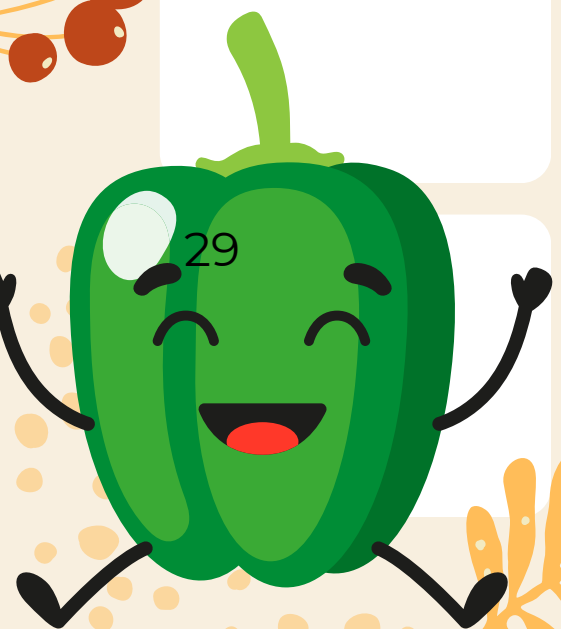
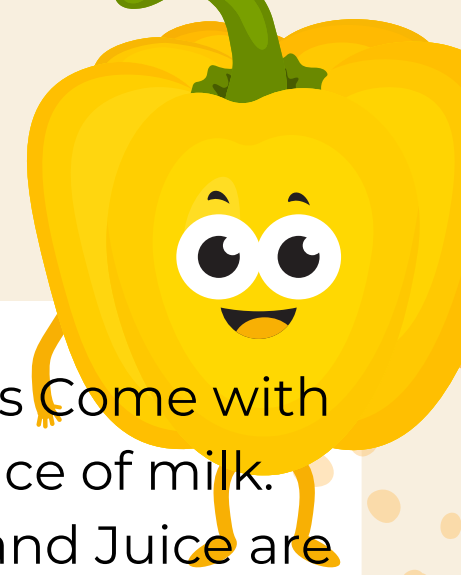
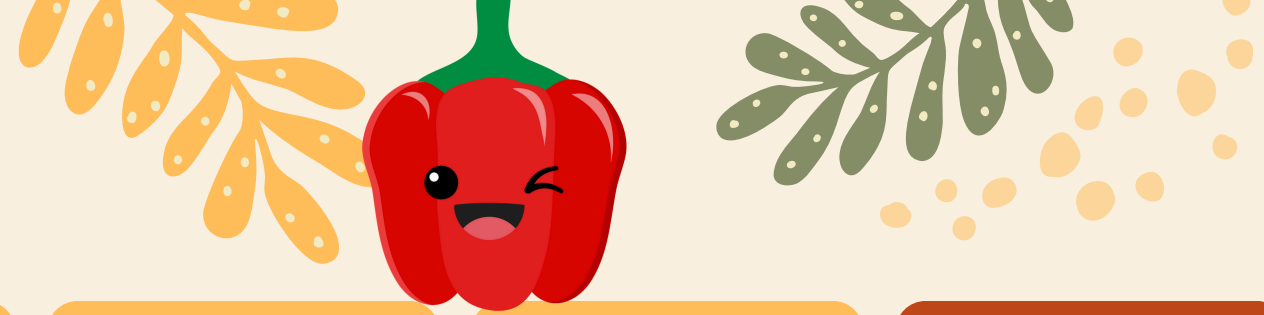






PCS Central September 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3 A. Soft Taco B. Salad Bar C. PBJ D. Make Your Own Pizza	4 A. Mac & Cheese B. Salad Bar C. PBJ D. Make Your Own Pizza	5 A. Pretzel Dog B. Salad Bar C. PBJ D. Make Your Own Pizza	6 A. Grilled Cheese B. Salad Bar C. PBJ D. Make Your Own Pizza	7
8	9 A. Meatball Hoagie B. Salad Bar C. PBJ D. Turkey Club	10 A. Smash Burger taco B. Salad Bar C. PBJ D. Turkey Club	11 A. General Tso's with fried rice B. Salad Bar C. PBJ D. Turkey Club	12 A. White Pizza B. Salad Bar C. PBJ D. Turkey Club	13 Half Day Bosco Sticks or PBJ	14
15	16 A. Steak Wrap B. Salad Bar C. PBJ D. Italian Hoagie	17 A. Lemon Chicken over rice B. Salad Bar C. PBJ D. Italian Hoagie	18 A. Sausage egg & cheese biscuit B. Salad Bar C. PBJ D. Italian Hoagie	19 A. Chicken Gyro B. Salad Bar C. PBJ D. Italian Hoagie	20 A. Cheese or Pepporoni Calzone B. Salad Bar C. PBJ D. Italian Hoagie	21
22	23 A. Cheese burger B. Salad Bar C. PBJ D. Honey Turkey Wrap	24 A. Chicken Fajita Bowl B. Salad Bar C. PBJ D. Honey Turkey Wrap	25 A. Popcorn Chicken Bowl B. Salad Bar C. PBJ D. Honey Turkey Wrap	26 A. Hot Dog B. Salad Bar C. PBJ D. Honey Turkey Wrap	27 A. Peppy Grilled Cheese B. Salad Bar C. PBJ D. Honey Turkey Wrap	28
29 	30 A. Spaghetti and meatballs B. Salad Bar C. PBJ D. Ham and Cheese Croissant					

All Meals Come with a choice of milk. Water, and Juice are available daily for purchase. Snacks are offered daily for purchase. Lunch cost is \$2.80, free or reduced lunch are at no cost. Payment can be submitted via cash or check with the students name in the memo or submit a payment at www.schoolcafe.com. The Menu is subject to change at anytime based on availability of the item. This institution is an equal opportunity provider.



Peppers
September 2024

PCS Cafe

Monthly Newsletter



FOOD FACT

Peppers

Can be classified in two groups- bell peppers (mild & sweet) and chili (hot & pungent.) Come in a variety of colors. Peppers are botanically a fruit, but are recognized in the culinary world as a vegetable. To select for Bell peppers look for peppers that are firm, smooth skinned with even shape and color. For chili peppers choose peppers that are brightly colored and firm, but light for their size.

NUTRITION

Peppers are a great source of vitamin C important in the body's healing process. Red peppers are a good source of Vitamin A which is important for eye health and immune functions.

Serve them up Raw or Cooked

Thinly slice bell peppers and saute in a pan with oil and different herbs for 10-15 minutes until soft.

