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# PRYOR PUBLIC SCHOOLS MARCH

Breakfast/Lunch : All meals are Served with Milk  
Available Daily lunch: Salad, Broccoli, Carrots, Garbanzo Beans

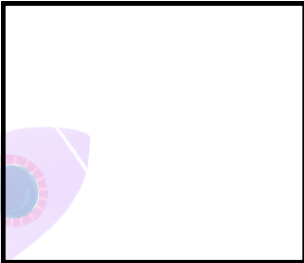
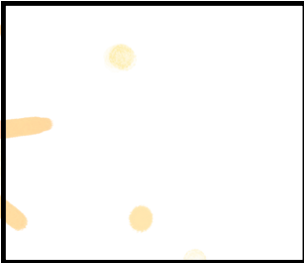
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**Breakfast 3**  
4 French toast sticks  
string cheese/gogurt  
Sausage link  
Fruit  
**Lunch:**  
Meat lasagna  
Breadstick  
Green beans  
Fruit

**Breakfast 4**  
Scramble Eggs with cheese  
Hash brown triangles  
string cheese/granola bar  
Fruit  
**Lunch:**  
Cheeseburger on a bun  
Lettuce / Tomato  
Fries/Fruit  
Macaroni salad

**Breakfast 5**  
2 Pancake  
bacon  
string cheese/gogurt  
Fruit  
**Lunch:**  
Ham steaks  
Mashed potato  
Corn /Fruit salad  
WG DINNER ROLL

**Breakfast 6**  
CHEESE BACON EGG BITES  
PEARS  
GOGURT/MUFFIN  
**Lunch:**  
Chili mac  
Orange slices  
Green beans  
Salad cup

**7**  
**NO SCHOOL**

**Breakfast 10**  
Scramble Eggs with cheese  
Hash brown triangles  
string cheese/granola bar  
Fruit  
**Lunch:**  
Sweet and Sour Pork  
\*Steamed Veggies and rice  
Pineapple

**Breakfast 11**  
Breakfast Burrito BOWL  
WG TORTILLA  
Fruit  
gogurt/muffin  
**Lunch:**  
Spaghetti w meat sauce  
Salad w/ Italian dressing  
Zucchini/fruit

**Breakfast 12**  
Cheesy Breakfast Bake  
Fruit  
string cheese/granola bar  
**Lunch:**  
Chicken Alfredo w/ broccoli  
Salad  
garden blend veggies  
Fruit

**Breakfast 13**  
French toast Sticks  
Pears  
String Cheese/Gogurt  
Sausage links  
**Lunch:**  
Turkey DINNER  
ROLL/Potato  
fruit/salad

**14**  
**NO SCHOOL**

**Breakfast 17**  
CHEESE BACON EGG BITES  
PEARS  
GOGURT/MUFFIN  
**Lunch:**  
Sloppy Joes  
fries  
fruit cocktail  
salad w/ dressing

**Breakfast 18**  
2 Pancakes  
bacon  
string cheese/granola bar  
Fruit  
**Lunch:**  
Beef Stroganoff  
cucumber salad  
celery sticks  
fruit

**Breakfast 19**  
Scramble Eggs with cheese  
Hash brown triangles  
string cheese/granola bar  
Fruit  
**Lunch:**  
Turkey Pot Pie  
Peas and carrots  
\*WG Roll/Fruit

**Breakfast 20**  
WG Bagel w/ cream cheese  
Fruit  
gogurt/muffin  
**Lunch:**  
pepperoni pizza  
salad w/ dressing  
peaches

**21**  
**NO SCHOOL**

**Breakfast 24**  
Yogurt parfaits  
Strawberry, yogurt and granola  
Danishes /Sausage link  
Fruit  
**Lunch:**  
Salisbury steak  
Mashed potato/Brown gravy  
Corn /Fruit  
BREADSTICK

**Breakfast 25**  
CHeese bacon egg bites  
pears  
gogurt/muffin  
**Lunch:**  
Chicken strips with ranch  
French Fries  
Potato chips  
Broccoli/ Grapes

**Breakfast 26**  
Scramble Eggs with cheese  
Hash brown triangles  
gogurt/muffin  
**Lunch:** Fruit  
Philly Cheesesteak Sandwich  
(Roast Beef, cheese, WG roll)  
Sauteed Peppers and onions  
Cold veggies and dip  
Sun chips/fruit

**Breakfast 27**  
4 French toast sticks  
string cheese/granola bar  
Sausage link  
Fruit  
**Lunch:**  
Beef hot dog w/ WG bun  
\*Potato salad  
Pickles  
fruit

**28**  
**NO SCHOOL**

**Breakfast 31**  
2 Pancakea  
bacon  
gogurt/muffin  
Fruit  
**Lunch:**  
Cheeseburger on a bun  
Lettuce pickles  
Fries/Fruit  
Macroni salad

