

# Phelps County R-III School

17790 State Rt. M, Edgar Springs, MO 65462  
 Phone: 573-435-6293 Fax: 573-435-9489



Choice of 1%, Skim or Fat Free Chocolate Milk offered with every meal  
 \*\*Menu items are subject to change based on availability

<p>3                      Biscuit and Gravy                      Cherries                      Juice</p> <p>Gordita                      Refried Beans, Corn                      Peaches</p>	<p>4                      Bacon/Egg/Cheese Muffin                      Pears                      Juice</p> <p>Grilled Cheese                      Soup, Green Beans                      Apples</p>	<p>5                      Cereal                      Toast, Mandarin Oranges                      Juice</p> <p>Chicken Nuggets                      French Fries, Beets                      Pineapple</p>	<p>6                      Pancakes                      Syrup, Blueberries                      Juice</p> <p>Meatloaf                      Potatoes/Gravy, Bread                      Broccoli, Mixed Fruit</p>	<p>7                      Yogurt Parfait                      Granola                      Orange</p> <p>BBQ Rib on Bun                      Baby Carrots/Ranch                      Strawberries</p>
<p>10                      Cereal                      Toast, Pineapple                      Juice</p> <p>Crispito                      Black Beans, Spinach                      Fruit Slush</p>	<p>11                      Sausage Biscuit                      Mixed Fruit                      Juice</p> <p>Cheeseburger                      Sweet Potatoes, Peas                      Peaches</p>	<p>12                      Banana Bread                      Yogurt, Blueberries                      Juice</p> <p>Pizza                      California Veggies                      Orange Slices</p>	<p>13                      French Toast                      Syrup, Pears                      Juice</p> <p>Turkey                      Potatoes/Gravy, Roll                      Green Beans, Pie</p>	<p>14                      No School Today</p>
<p>17                      Apple Frudel                      Raisins                      Juice</p> <p>Ham and Cheese on a Bun                      Beets, Corn                      Strawberries</p>	<p>18                      Cinnamon Roll                      Yogurt, Cherries                      Juice</p> <p>Popcorn Chicken                      Black-eyed Peas, Carrots                      Apricots, Graham Crackers</p>	<p>19                      Cereal                      Toast, Mixed Fruit                      Juice</p> <p>Hot Dog on a Bun                      Mixed Veggies, Red Slush                      Pears, Cookie</p>	<p>20                      Biscuit and Gravy                      Fruit and Nut Mix                      Juice</p> <p>Loaded Wedges                      Baked Zucchini, Pretzel                      Mandarin Oranges</p>	<p>21                      Breakfast Boat                      Banana                      Juice</p> <p>BBQ Chicken Stix                      Garden Salad                      Applesauce</p>
<p>24                      Cereal                      Toast, Mixed Fruit                      Juice</p> <p>Pancakes/Syrup                      Sausage, Hash brown                      Veg Juice, Pears</p>	<p>25                      Muffin                      Yogurt, Blueberries                      Juice</p> <p>Turkey Flatbread Wrap                      Broccoli, French Fries                      Raisins</p>	<p>26                      Chicken Biscuit                      Mandarin Oranges                      Juice</p> <p>Pulled Pork Sandwich                      Coleslaw, Baked Beans                      Pineapple</p>	<p>27                      Smoothies                      Peaches                      Juice</p> <p>Enchiladas                      Black Beans, Corn                      Strawberries</p>	<p>28                      Bagel/Cream Cheese                      Apple Slices                      Juice</p> <p>Chicken Nuggets                      Baby Carrots/Ranch                      Peas, Fruit Slush</p>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.