



Phelps County R-III School

17790 State Rt. M; Edgar Springs, MO 65462

Phone: 573-435-6293

Fax: 573-435-9489

This institution is an equal opportunity provider.

Choice of 1%, White or Chocolate Milk offered with meal.

** Menu items are subject to change based on availability.

			January 31	1
			Pancakes & Syrup Pears Juice Cheese Burger French Fries Carrots Apricots	Biscuit & Gravy Mixed Fruit Juice Lasagna & Bread Broccoli Pumpkin Dip & Graham Fruit Slush
4	5	6	7	8
Oatmeal Dried Fruit Juice Popcorn Chicken Bowl Green Beans, Roll Veggie Juice Strawberries	Sausage Biscuit Peaches Juice Walking Tacos Refried Beans Salsa Apple Sauce	Cereal Banana Juice Corn Dogs French Fries Broccoli w/ Ranch Apricots	Blueberry Muffin Yogurt, Pears Juice Chicken Wrap Celery & Ranch Baby Carrots Mix Fruit	Breakfast Pizza Blueberries Juice Fish Shapes French Fries Broccoli & Cheese Pineapples
11	12	13	14	15
Breakfast Burrito Strawberries Juice Meatloaf Mashed Potato & Gravy Carrots, Roll Cherries	Parfait Pears Juice Ham & Cheese Sandwich Chips & Salsa Bake Beans Mixed Fruit	Chicken Biscuit Peaches Juice Pizza Garden Salad Cucumber Slices Fruit Slush	Banana Muffin Pineapples Juice Loaded Baked Potato Black Beans Beets Apple Sauce	No School
18	19	20	21 <i>Morning with Mom</i>	22
Breakfast Pizza Cherries Juice Sliced Ham Mashed Potatoes & Gravy Broccoli W/ Ranch Apple Sauce	Granola Bar & Yogurt Blueberries Juice Spaghetti & Meatballs Bread Stix & Green Beans Veggie Juice Fruit Slush	Sausage, Egg Biscuit Pineapple Juice Chicken Nachos Refried Beans Celery & Ranch Cherries	Biscuit & Gravy Apple Sauce Juice Loaded Eggs Hashbrown, Sausage Toast, Wango Juice Strawberries	WG Pop tarts Blueberries Juice Calzone Marinara Sauce Broccoli Mixed Fruit
25	26	27	28	March 1
Cereal Bar & Yogurt Apple Sauce Juice Burrito & Salsa Black Beans Corn Peach Cups	Bacon, Egg & Cheese Biscuit Apple Sauce Juice Chicken Noodles Peas Corn, Roll Strawberries	Smoothie Toast, Pears Juice Cheese Burger Sweet Potato Fries Broccoli w/ cheese Blueberries	Cinni Mini Yogurt, Pears Juice Chicken Sandwich French Fries Dragon Punch Mixed Fruit	Pancakes & Syrup Banana Juice Toasted Ravioli Salad W/ Ranch Marinara Sauce Apple Sauce

** Parents: If your child/children have a food allergy or milk allergy we must have a signed letter from your child/children's physician stating what the food allergies are and any substitutions that need to be made. The letter is required by DESE and must be on file at the time your child starts school. It is good only until the end of the current school year and must be updated annually.

Chasity Boettcher, Food Service Director

Student Meal Prices: Breakfast: \$1.20 / \$.30 Lunch: \$1.70 / \$.40
Adult Meal Prices: Breakfast: \$1.40 Lunch: \$1.90