



# 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 every meal

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

	1 	2 NO SCHOOL	3 Pancakes & Syrup Mixed Fruit Juice  Jamwich Cheese Stick Chips & Salsa Peaches	4 Scrambled Eggs Sausage & Biscuit Pears & Juice  Pizza Broccoli W/ Cheese Veggie Juice Pineapple
7 Oatmeal Dried Fruit, Toast Juice  Meatloaf Mashed Potatoes & Gravy Green Beans & Roll Strawberries	8 Biscuit & Gravy Peaches Juice  Chicken Nuggets Sweet Potato Fries Broccoli W/ Cheese Mandarin Oranges	9 Blueberry Muffin Yogurt & Pears Juice  Taco Salad Black Beans Salsa Apricots	10 Egg, Salsa Flatbread Cherries Juice  Loaded Bake Potato Peas Carrots Fruit Slush	11 Banana Bread Yogurt & Pears Juice  Turkey Sandwich Celery & Peanut Butter Chips & Veggie Juice Orange
14 Bacon, egg & cheese Biscuit Apple Sauce Juice  Chicken Noodles Peas Corn, Roll Strawberries	15 Cereal Bar & Yogurt Mix Fruit Juice  BBQ Rib on bun Baked Beans Cole Slaw Fruit Slush	16 Cinnamon Rolls Apricots Juice  Roasted Turkey Mashed Potatoes Roll & Carrots Peaches	17 WG Pop tarts Blueberries Juice  Fish Sandwich Sweet Potato Fries Beets Cherries	18 Parfaits Pears Juice  Biscuit & Gravy Hash brown, Sausage Dragon Punch Mixed Fruits
21 No School  Martin Luther King Jr. Day	22 Chicken Biscuit Pears Juice  Calzone Marinara Sauce Green Beans Fruit Slush	23 Cereal Banana Juice  Loaded Eggs Sausage, Toast Mango Wango Juice Peaches	24 Breakfast Burritos Strawberries Juice  Chicken Sandwich French Fries Corn Apricots	25 Breakfast Pizza Cherries Juice  Sliced Ham Mashed Potatoes & Gravy Broccoli W/ Ranch Apple Sauce
29 Cereal Bar & Yogurt Apple Sauce Juice  Burrito & Salsa Black Beans Corn Peach Cups	30 Granola Bar & Yogurt Blueberries Juice  Spaghetti & Meatballs Bread Stix & Green Beans Veggie Juice Fruit Slush	31 Sausage, Egg Biscuit Pineapple Juice  Chicken Nachos Refried Beans Celery & Ranch Cherries	1 February Menu Pancakes & Syrup Pears Juice  Cheese Burger French Fries Carrots Apricots	2 Biscuit & Gravy Mixed Fruit Juice  Lasagna & Bread Broccoli Pumpkin Dip & Graham Mixed Fruit

\*\* \*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.

Chasty Boettcher, Food Service Director

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

Adult Meal Prices: Breakfast: \$1.40 Lunch: \$1.90