

Figure 1



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

** Menu items are subject to change based on availability

			1 Blueberry Pancakes Peaches Juice Lasagna Bread Stick Carrots Pears	2 Egg, salsa flatbread Banana Juice Turkey Sandwich Sun Chips Celery sticks Apple Slices
1 Sausage, egg, cheese Biscuit Pears Juice Chicken Nachos Broccoli w/ Ranch, Peas Pumpkin Dip w/ Graham Crackers Mix Fruit	6 Banana Muffins Peaches Juice Loaded Potato Soup Roll, Corn Celery w/ Peanut Butter Cherries	7 Cereal Pineapples Juice Cheese Burgers Sweet Potato French Fries Baked Beans Apricots	8 Breakfast Pizza Strawberries Juice Sliced Ham Potato & Gravy Green Beans, Baked Apples	9 Pancakes Syrup, Apple Slices Juice Toasted Ravioli Marinara Sauce Mixed Veggies Mix fruit
12 No School Teacher's PPD	13 Scrambled Eggs Sausage link & Toast Pears & Juice Calzone Marinara Sauce Broccoli w/ cheese Strawberries	14 Biscuit & Gravy Blueberries Juice Walking Tacos Black Beans Corn Fruit Slushes	15 Cream Cheese Bagels Mixed Fruit Juice Loaded Scrambled eggs Potato Smiles Dragon Punch Blueberries	16 Parfaits Banana Juice Turkey & Gravy Potatoes, Roll Green Beans & Pie Cranberries
19 Chicken Biscuit Pears Juice Pizza Carrots & Peas Pumpkin Dip w/ Graham Crackers Mix Fruit	20 French Toast Sausage link, Fruit Juice Cook's Choice	21 No School	22 No School 	23 No School
26 Banana Muffin Yogurt, Fruit Juice Chicken Nuggets French fries Broccoli w/ ranch Cherries	27 Biscuits & Gravy Peaches Juice Grill cheese Tomato soup Blueberries Cookie	28 Parfaits Apple Slices Juice Juicy Burgers Sweet Potato Fries Baked Beans Strawberries	29 Scramble eggs Sausage & Toast Mix fruit & Juice Popcorn chicken bowl Roll Green beans Blueberries	30 Cereal Bar Yogurt Juice Tortellini Bread Stix, Corn Veggie Juice Banana

** *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