

# Menus for May 2016

**PASS  
CHRISTIAN  
HIGH  
SCHOOL**



This institution  
is an equal  
opportunity  
provider.

## Available Daily!

**Condiments**  
**Variety of**  
**Fat Free Milk**  
**Flavored and Unflavored**  
**Menu is subject to change**

What Thomas Edison's Mother said ...



Of course I'm  
happy that you invented  
the electric bulb. Now  
turn off that light and  
get to sleep this  
instant!

Happy Mother's Day! Sunday, May 8

## Featured Specials of the Day

### Monday, May 2

Stuffed Crust Pizza, Turkey & Cheese Croissant, Chef Salad, Saltine Crackers, Tater Tots, Raw Veggies w/Dip, Okra, Calico Fruit, Assorted Fruit Juices, Sliced Apples and Grapes, Fruit Crisp

### Tuesday, May 3

Macaroni & Cheese w/Ham Slice, Whole Wheat Roll, Chicken Salad Croissant, Chef Salad, Tomatoes w/Dip, Garden Salad w/Dressing, Steamed Fresh Broccoli, Fresh Bananas, Chilled Peach Slices, Fresh Kiwi Wedges

### Wednesday, May 4

Spaghetti w/Meatballs, Yeast Roll, Grilled Chicken Sandwich, Chef Salad, Whole Kernel Corn, Cucumber Sticks w/Dip, Spinach Salad, Fresh Melon Cubes, Pineapple Tidbits, Frozen Fruit Juice Cups

### Thursday, May 5

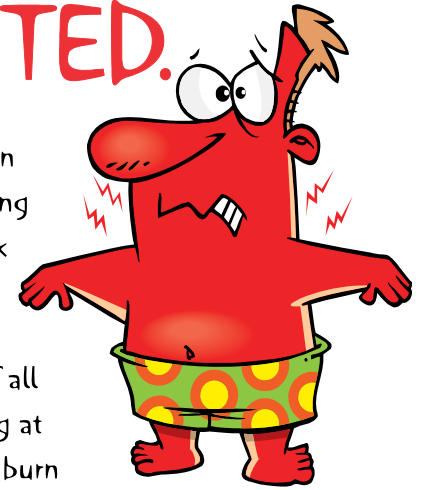
Buffalo Hot Wings, Whole Wheat Roll, Shepherd's Pie, Chef Salad, Spicy Fries, Pinto Beans, Tossed Salad w/Dressing, Blushing Chilled Pears, Fresh Oranges, Fruit Slushes

### Friday, May 6

Cheeseburger, Chic Penne, Yeast Roll, Chef Salad, Seasoned Green Beans, Baby Carrots w/Dressing, Crispy Sweet Potato Cubes, Fruit Cocktail, Fresh Apples, Hot Cinnamon Apples, Brownies

# TOASTED.

Just one bad, blistering sunburn when you're young doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don't get burned this summer!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

## Featured Specials of the Day

### Monday, May 9

Chicken Nuggets, Yeast Roll, Turkey & Cheese on Bun, Chef Salad, Mashed Potatoes, Green Peas, Spinach Salad, Frozen Fruit Juice Cups, Fresh Cantaloupe Cubes, Pineapple Tidbits

### Tuesday, May 10

Lasagna, Yeast Roll, Grilled Chicken Sandwich, Chef Salad, Southern Turnip Greens, Cucumber Sticks w/Dip, Garden Salad w/Dressing, Fruit Cocktail, Fresh Apples, Blushing Chilled Pears, Vanilla Pudding

### Wednesday, May 11

Beef Tips over Noodles, Whole Wheat Roll, Yogurt Sandwich Combo, Corn on the Cob, Mixed Vegetables, Broccoli Salad w/Grapes, Fresh Grapes, Hot Cinnamon Pears, Fresh Watermelon Chunks, Chocolate Pudding

**671** **BY THE NUMBERS**  
**IN MILLIONS OF DOLLARS, THE**  
**AMOUNT AMERICANS SPEND ON**  
**MOTHER'S DAY CARDS ANNUALLY.**

We're here to serve you and your family delicious breakfast and lunch! Convenient, economical, healthy meals!

# All Kids Eat Free!

No paperwork necessary must be 18 or under

Adults:  
\$2.25 Breakfast  
\$3.50 Lunch



Monday - Friday

Please call 228-255-6209 for more info or visit our website, [www.pc.k12.ms.us](http://www.pc.k12.ms.us)

## Featured Specials of the Day

### Thursday, May 12

Ranch Parmesan Pasta Chicken, Whole Wheat Roll, Fish Sandwich, Chef Salad, California Veggies, Baby Carrots w/Dressing, Green Bean Casserole, Tropical Fruit, Frozen Fruit Juice Cups, Fresh Strawberries, Banana Pudding

### Friday, May 13

Personal Pan Pizza, Turkey & Cheese on Bun, Chef Salad, Saltine Crackers, Green Beans, California Veggies, Assorted Vegetable Juice, Pear Salad, Hot Cinnamon Apples, Frozen Fruit Juice Cups, Brownies

### Monday, May 16

Chicken Spaghetti, Yeast Roll, Meatballs in Marinara Sauce on Hoagie Bun, Chef Salad, Seasoned Lima Beans, Garden Salad w/Dressing, Yam Patties, Fresh Grapes, Fresh Strawberries, Calico Fruit, Assorted Puddings

# eat fit

wanna stay fit?  
gotta eat right!

## Featured Specials of the Day

### Tuesday, May 17

Boneless Buffalo Hot Wings, Yeast Roll, BBQ Chicken Sandwich, Chef Salad, Raw Veggies w/Dip, Baked Beans, Tomato & Cucumber Salad, Apricots, Pineapple Tidbits, Fresh Kiwi Wedges, Peach Cobbler

### Wednesday, May 18

Loaded Baked Potato Soup, Ham & Cheese Sliders, Chicken Salad w/Grapes, Chef Salad, Saltine Crackers, Glazed Carrots, Spicy Fries, Cucumber Sticks w/Dip, Rosey Applesauce, Fruit Cocktail, Fresh Melon Cubes

### Thursday, May 19

Hot Dog, Cool Ranch Tortilla Chips, Chicken Alfredo with a Twist, Yeast Roll, Chef Salad, Whole Kernel Corn, Steamed Broccoli Spears, Tomatoes w/Dip, Fresh Bananas, Blueberries w/Whipped Topping, Blushing Chilled Pears

### Friday, May 20

Sack Lunch



Please See Reverse Side For Items Available Every Day

**item:** water **verdict:** ripped

**tip:** Use water to power your workouts – and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!



# Have a GREAT SUMMER!

Thanks for eating with us this year. We look forward to seeing you when school starts up again!