View student's meal accounts on Infinite Campus Parent Portal at https://arcc.infinitecampus.org/campus/portal/proctor.jsp

PHS/JMS: Breakfast No Charge PHS/JMS Extra Entree \$1.50 Additional or Milk Only \$0.50 Adult \$2.50 Extra Entree \$1.50 PHS/JMS: Lunch No Charge PHS/JMS Extra Entree \$1.50 Additional or Milk Only \$0.50 Adult Lunch \$5.00 Extra Entree \$1.50

## PHS/JMS December 2023



akfast Pizza       A         ce       Fi         Line       VG Bun       C         VG Bun       C         retables       B         ar       Fi         ress Line       P         ress Line       S         rfast       S         stfast       C         akfast Burrito       A         ce       Fi         Line       /G         /G Bun       SC         ar       C         ses Stick       C         ase stick       C         atfast Pizza       A         ce       Fi         line       P         12       C         sese Stick       C         akfast Pizza       A         ce       Fi         line       Fi	29 Breakfast Eereal Bar/Bowl w/Cheese Stick upple Bites or Pancake Wrap Fresh Fruit or Juice Main Line Corn Dog upud Bites Saked Beans Fruit & Veggie Bar Rails Express Line Philly Cheesesteak 6 Breakfast Eereal Bar/Bowl w/Cheese Stick upple Bites or Pancake Wrap Fresh Fruit or Juice Main Line Stuffed Crust Cheese Pizza California Blend Vegetables Fruit & Veggie Bar Rails Express Line Eereal Bar/Bowl w/Cheese Stick Stuffed Crust Cheese Pizza California Blend Vegetables Fruit & Veggie Bar Rails Express Line Eereal Bar/Bowl w/Cheese Stick upple Bites or Pancake Wrap Fresh Fruit or Juice Main Line	Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line WG Chicken Drumstick Mashed Potatoes & Gravy Peas & Carrots WG Cinn Roll Fruit & Veggie Bar Rails Express Line Turkey Sub D D Turkey Sub D D Tereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Mandarin Orange Chicken Steamed Brown Rice & WG Roll Golden Corn Fruit & Veggie Bar Rails Express Line BBQ Pulled Pork B BBQ Pulled Pork Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice	Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice Main Line Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit & Veggie Bar Rails Express Line Spicy Chicken Patty Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or The Brekkie Fresh Fruit or Juice Main Line Sloppy Joe/WG Bun Sun Chips 4 Blend Vegetables Fruit & Veggie Bar Rails Express Line Meatball Sub 15 Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice
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ce     Filler       Line     /G Bun     C       /G Bun     C       ess     S       getables     B       ar     Filler       ress Line     Ken       ken     Piller       ses Stick     C       akfast Burrito     A       ce     Filler       /G Bun     S       C     Filler       ar     Piller       time     Piller       12     C       sese Stick     C       akfast Pizza     A       ce     Filler       lakfast Pizza     Filler	resh Fruit or Juice Main Line Corn Dog pud Bites Jaked Beans Fruit & Veggie Bar Rails Express Line Hilly Cheesesteak Breakfast Ereral Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice Main Line Huffed Crust Cheese Pizza California Blend Vegetables Fruit & Veggie Bar Rails Express Line Paper Jack Grilled Chicken 13 Breakfast Ereral Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice	Fresh Fruit or Juice Main Line WG Chicken Drumstick Mashed Potatoes & Gravy Peas & Carrots WG Cinn Roll Fruit & Veggie Bar Rails Express Line Turkey Sub 5 7 Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice Main Line Mandarin Orange Chicken Steamed Brown Rice & wG Roll Golden Corn Fruit & Veggie Bar Rails Express Line BBQ Pulled Pork 3 14 Breakfast Cereal Bar w/Cheese Stick Fruit Frudel or Muffin Top Fresh Fruit or Juice	Fresh Fruit or Juice Main Line Garlic Cheese Bread w/ Marinara Sauce Golden Corn Fruit & Veggie Bar Rails Express Line Spicy Chicken Patty Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or The Brekkie Fresh Fruit or Juice Main Line Sloppy Joe/WG Bun Sun Chips 4 Blend Vegetables Fruit & Veggie Bar Rails Express Line Meatball Sub 1: Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice
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ress Line I Print	Tepper Jack Grilled Chicken 13 Breakfast Cereal Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice	Rails Express Line         BBQ Pulled Pork         B       14         Breakfast       14         Cereal Bar w/Cheese Stick       14         Fruit Frudel or Muffin Top       14         Fresh Fruit or Juice       14	Rails Express Line Meatball Sub 15 Breakfast Cereal Bar/Bowl w/Yogurt Snack Bread or Strawberry Boli Fresh Fruit or Juice
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akfast Pizza A ce Fi Line	Apple Bites or Pancake Wrap Fresh Fruit or Juice	Fruit Frudel or Muffin Top Fresh Fruit or Juice	Snack Bread or Strawberry Boli Fresh Fruit or Juice
ce Fi	resh Fruit or Juice	Fresh Fruit or Juice	Fresh Fruit or Juice
Line			
	Iviain Line		
		Main Line	Main Line
-	Aac & Cheese w/Mini Corn Dogs	Pasta w/Chicken Alfredo Sauce	Taco In a Bag
-	teamed Broccoli	Garlic Bread Stick	Golden Corn
ar	ruit & Veggie Bar	4 Blend Vegetables	Refried Beans Fruit & Veggie Bar
	Rails Express Line	Rails Express Line	Rails Express Line
	•	-	Spicy Chicken Patty
fast	Breakfast	,	
ese Stick Co	Cereal Bar/Bowl w/Cheese Stick		
akfast Burrito A			
ce F			
Line	Main Line	NO SCHOOL	NO SCHOOL
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			29
	r en P 19 ast se Stick kfast Burrito e se tick kfast Burrito e se tick kfast Burrito e F se tick Kfast Burrito F Se tick Kfast Burrito F Se tick F Se ti	r Rails Express Line en Philly Cheesesteak 19 Breakfast se Stick Kfast Burrito e Hot Dog/WG Bun Cheez - It Crackers Baked Beans Fruit & Veggie Bar Rails Express Line Pepper Jack Grilled Chicken 26 27	r Rails Express Line Fruit & Veggie Bar Rails Express Line Rails Express Line Turkey Sub 20 From Philly Cheesesteak Turkey Sub 20 From Parcel Bar/Bowl w/Cheese Stick Apple Bites or Pancake Wrap Fresh Fruit or Juice Fresh Fruit or Juice Main Line NO SCHOOL Fresh Fruit & Veggie Bar Fruit & Veggie Bar Fruit & Veggie Bar Fruit & Veggie Bar Rails Express Line Pepper Jack Grilled Chicken

All meals include a choice of skim or 1% and chocolate skim milk.

Menu Subject to Change

Lactose reduced milk will be made available upon request from any parent of a child who is lactose intolerant signed by a licensed physician. **Fruit & Veggie Bar options may include:** Fresh Apples, Bananas, Cantaloupe, Kiwi, Nectarines, Oranges, Pears, Plums or Watermelon. Applesauce, Mixed Fruit, Diced Peaches & Pears, Pineapple, Strawberry Cups. Fresh Romaine, Spinach, Spring Mix, Iceberg Lettuce, Broccoli, Carrots, Cauliflower, Celery, Cucumbers, Sweet Peas, Legumes, Onions, Green, Orange & Red Peppers, Yam Sticks or Tomatoes. **Grains:** All Breads, Rolls, Pasta & Pizza are Whole Grain Rich If you have any questions please contact School Nutrition Coordinator

Debra Hanson 218-520-1701 dhanson2@proctor.k12.mn.us

This institution is an equal opportunity provider.