



# JANUARY | 2022

## Par Excellence Academy

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Brunch for Lunch <b>Pancake Sausage Wrap</b> Carrot Sticks Hashbrown Circles Fruit Punch Milk</p>	<p><b>4</b> Grilled Cheese Sandwich Waffle Fries Baked Beans Pear Cup Milk</p>	<p><b>5</b> Pizza Hut Pizza Cheese or Pepperoni Fresh Broccoli w/Dip Applesauce Cup Milk</p>	<p><b>6</b> Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk</p>	<p><b>7</b> Corn Dog Mac &amp; Cheese Steamed Peas Fresh Apple Slices Friday Treat Milk</p>
<p><b>10</b> Brunch for Lunch <b>Mini Waffles</b> Sausage Patties Hashbrown Grape Juice Milk</p>	<p><b>11</b> Boneless Chicken Wings Celery Sticks w/ Dip Fruit Cup Pudding Cup Milk</p>	<p><b>12</b> Italian Calzone w/Dipping Sauce Garbanzo Beans Carrot Sticks Fruit Cup Milk</p>	<p><b>13</b> Chicken Drumstick Mashed Potatoes Steamed Corn Flavored Applesauce Milk</p>	<p><b>14</b> Chicken Tenders California Veggies Strawberry Cup States &amp; Capitals Cookies Milk</p>
<p><b>17</b> <b>No School</b>  Martin Luther King Jr. Day</p>	<p><b>18</b> <b>No School</b>  Professional Development</p>	<p><b>19</b> Bosco Sticks Marinara Sauce Carrots w/Dip Mixed Fruit Cup Milk</p>	<p><b>20</b> Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk</p>	<p><b>21</b> Mini Cheeseburgers Smiley Potatoes Celery Sticks Fresh Apple Slices Potato Chips Milk</p>
<p><b>24</b> Bruch for Lunch <b>Mini Pancakes</b> Sausage Patties Hashbrown Orange Juice Milk</p>	<p><b>25</b> Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk</p>	<p><b>26</b> Ham &amp; Cheese Calzone Emoji Fries Peach Cup Milk</p>	<p><b>27</b> Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk</p>	<p><b>28</b> Italian Pasta Meat Sauce Fresh Broccoli w/Dip Applesauce Cup Friday Treat Milk</p>
<p><b>31</b> Brunch for Lunch <b>Pancake Sausage Wrap</b> Carrot Sticks Hashbrown Circles Fruit Punch Milk</p>	<p><b>1</b> Grilled Cheese Sandwich Waffle Fries Baked Beans Pear Cup Milk</p>	<p><b>2</b> Pizza Hut Pizza Cheese or Pepperoni Fresh Broccoli w/Dip Applesauce Cup Milk</p>	<p><b>3</b> Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk</p>	<p><b>4</b> Corn Dog Mac &amp; Cheese Steamed Peas Fresh Apple Slices Friday Treat Milk</p>

### News

Breakfast includes 2 grains, milk and a choice of fruit

Monday-Poptart Kit  
Tuesday- Mini Donuts  
Wednesday- Cereal Bar  
Thursday-Honey Bun  
Friday-Muffins

*Breakfast and lunch prepared by Heath City Schools.*

*Menu is subject to change.*

*We cannot guarantee against the presence of trace amount of allergens in the foods contained in this menu.*

*"USDA is an equal opportunity provider"*