

NOVEMBER | 2022



Par Excellence Academy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Brunch for Lunch Mini Pancakes Sausage Patties Hashbrown Orange Juice Milk	1 Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk	2 Ham & Cheese Calzone Emoji Fries Peach Cup Milk	3 Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk	4 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Friday Treat Milk
7 Dino Chicken Nuggets Potato Wedges Mixed Fruit Cup Milk	8 No School	9 Bosco Sticks Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	10 Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk	11 Corn Dog Mac & Cheese Steamed Peas Fresh Fruit Friday Treat Milk
14 Brunch for Lunch Mini Waffles Sausage Patties Hashbrown Grape Juice Milk	15 Boneless Chicken Wings Celery Sticks w/ Dip Fruit Cup Pudding Cup Milk	16 Italian Calzone w/Dipping Sauce Garbanzo Beans Carrot Sticks Fruit Cup Milk	17 Chicken Drumstick Mashed Potatoes Steamed Corn Flavored Applesauce Milk	18 Italian Pasta Meat Sauce Fresh Broccoli w/Dip Applesauce Cup Friday Treat Milk
21 Hot Dog on Bun Carrot Sticks Apple Slices Potato Chips Milk	22 Pillsbury Cheesy Pull-Apart Pizza Refried Beans Steamed Corn Flavored Applesauce Milk	23 No School	24 Happy Thanksgiving	25 No School
28 No School	29 Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk	30 Pizza Hut Pizza Cheese or Pepperoni Fresh Veggies w/Dip Applesauce Cup Milk	1 Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk	2 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Friday Treat Milk

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

Fresh Carrot Sticks offered Daily

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"