

OCTOBER | 2022

Par Excellence Academy



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Brunch for Lunch Mini Pancakes Sausage Patties Hashbrown Orange Juice Milk	4 Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk	5 Ham & Cheese Calzone Emoji Fries Peach Cup Milk	6 Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk	7 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Friday Treat Milk
10 Dino Chicken Nuggets Potato Wedges Mixed Fruit Cup Milk	11 Grilled Cheese Sandwich Waffle Fries Baked Beans Pear Cup Milk	12 Bosco Sticks Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	13 Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk	14 No School Professional Development
17 Brunch for Lunch Mini Waffles Sausage Patties Hashbrown Grape Juice Milk	18 Boneless Chicken Wings Celery Sticks w/ Dip Fruit Cup Pudding Cup Milk	19 Italian Calzone w/Dipping Sauce Garbanzo Beans Carrot Sticks Fruit Cup Milk	20 Chicken Drumstick Mashed Potatoes Steamed Corn Flavored Applesauce Milk	21 Dominos Pizza Cheese or Pepperoni Carrot Sticks w/Dip Applesauce Cup Friday Treat Milk
24 Hot Dog on Bun Carrot Sticks Apple Slices Potato Chips Milk	25 Chicken & Cheese Quesadilla Refried Beans Steamed Corn Flavored Applesauce Milk	26 Pizza Hut Pizza Cheese or Pepperoni Fresh Veggies w/Dip Applesauce Cup Milk	27 Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk	28 Chicken Tenders California Veggies Strawberry Cup Friday Treat Milk
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

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"