

SEPTEMBER | 2022



Par Excellence Academy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk	2 Chicken Tenders California Veggies Strawberry Cup Friday Treat Milk
5 No School Labor Day	6 Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk	7 Ham & Cheese Calzone Emoji Fries Peach Cup Milk	8 Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk	9 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Friday Treat Milk
12 Dino Chicken Nuggets Potato Wedges Mixed Fruit Cup Milk	13 Grilled Cheese Sandwich Waffle Fries Baked Beans Pear Cup Milk	14 Bosco Sticks Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	15 Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk	16 Corn Dog Mac & Cheese Steamed Peas Fresh Fruit Friday Treat Milk
19 Brunch for Lunch Mini Waffles Sausage Patties Hashbrown Grape Juice Milk	20 Boneless Chicken Wings Celery Sticks w/ Dip Fruit Cup Pudding Cup Milk	21 Italian Calzone w/Dipping Sauce Garbanzo Beans Carrot Sticks Fruit Cup Milk	22 Chicken Drumstick Mashed Potatoes Steamed Corn Flavored Applesauce Milk	23 No School Professional Development
26 Hot Dog on Bun Carrot Sticks Apple Slices Potato Chips Milk	27 Chicken & Cheese Quesadilla Refried Beans Steamed Corn Flavored Applesauce Milk	28 Pizza Hut Pizza Cheese or Pepperoni Fresh Veggies w/Dip Applesauce Cup Milk	29 Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk	30 Chicken Tenders California Veggies Strawberry Cup 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"