



JANUARY | 2023

Par Excellence Academy

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Pizza Hut Pizza Cheese or Pepperoni Fresh Veggies w/Dip Applesauce Cup Milk	3 Chicken & Cheese Quesadilla Refried Beans Steamed Corn Flavored Applesauce Milk	4 Hot Dog on Bun Carrot Sticks Apple Slices Potato Chips Milk	5 Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk	6 Chicken Tenders California Veggies Strawberry Cup Friday Treat Milk
9 Brunch for Lunch Mini Pancakes Sausage Patties Hashbrown Orange Juice Milk	10 Walking Taco Taco Meat w/Chips Seasoned Black Beans Sidekick Icee Milk	11 Ham & Cheese Calzone Emoji Fries Peach Cup Milk	12 Chicken Nuggets Green Beans Pear Cup Graham Cracker Treat Milk	13 French Bread Pizza Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Friday Treat Milk
16 No School	17 No School	18 Bosco Sticks Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	19 Popcorn Chicken Mixed Veggies Steamed Rice Fruit Cup Fortune Cookie Milk	20 Corn Dog Mac & Cheese Steamed Peas Fresh Fruit Friday Treat Milk
23 Brunch for Lunch Mini Waffles Sausage Patties Hashbrown Grape Juice Milk	24 Boneless Chicken Wings Celery Sticks w/ Dip Fruit Cup Pudding Cup Milk	25 Italian Calzone w/Dipping Sauce Garbanzo Beans Carrot Sticks Fruit Cup Milk	26 Chicken Drumstick Mashed Potatoes Steamed Corn Flavored Applesauce Milk	27 Italian Pasta Meat Sauce Fresh Broccoli w/Dip Applesauce Cup Friday Treat Milk
30 Hot Dog on Bun Carrot Sticks Apple Slices Potato Chips Milk	31 Chicken & Cheese Quesadilla Refried Beans Steamed Corn Flavored Applesauce Milk	1 Pizza Hut Pizza Cheese or Pepperoni Fresh Veggies w/Dip Applesauce Cup Milk	2 Breaded Chicken Patty Sandwich on Bun Steamed Broccoli Peach Cup Milk	3 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"