

# NOVEMBER | 2023



## Par Excellence Academy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <b>Quesadilla</b> Refried Beans Steamed Corn Fruit Cup Milk	<b>31</b> <b>Chicken Drumstick</b> Mashed Potatoes Green Beans Flavored Applesauce Milk	<b>1</b> <b>Bosco Sticks</b> Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	<b>2</b> <b>Grilled Cheese Sandwich</b> Waffle Fries Peach Cup Milk	<b>3</b> <b>Chicken Tenders</b> California Veggies Fresh Fruit Cupcake Milk
<b>6</b> <b>Zoo Crew</b> <b>Chicken Nuggets</b> w/Dipping Sauce Potato Wedges Pineapple Chunks Milk	<b>7</b> <b>No School</b> <b>Professional Development Day</b>	<b>8</b> <b>French Bread Pizza</b> Cheese or Pepperoni Romaine Salad w/Dressing Applesauce Cup Milk	<b>9</b> <b>Meatball Sub on Bun w/Marinara Sauce</b> Mozzarella Cheese Seasoned Garbanzo Beans Sidekick Icee Milk	<b>10</b> <b>Chicken &amp; Waffles</b> Dipping Sauce Celery Sticks Apple Slices Friday Treat Milk
<b>13</b> <b>Cheeseburger or Hamburger on Bun</b> Pickles Baked Fries Fruit Cup Milk	<b>14</b> <b>Walking Taco</b> Taco Meat w/Chips Shredded Cheese Seasoned Black Beans Applesauce Cup Milk	<b>15</b> <b>Mac &amp; Cheese Baked Pretzel</b> Carrot Sticks Peach Cup Milk	<b>16</b> <b>Lasagna Roll Up</b> Romaine Salad W/Dressing Bread Stick Pineapple Milk	<b>17</b> <b>Chicken Nuggets</b> Green Beans Pear Cup Graham Cracker Milk
<b>20</b> <b>Hot Dog on Bun</b> Emoji Fries Apple Slices Milk	<b>21</b> <b>Breaded Chicken Patty Sandwich on Bun</b> Baked Beans Peach Cup Milk	<b>22</b> <b>No School</b>	<b>23</b> <b>Happy Thanksgiving</b>	<b>24</b> <b>No School</b>
<b>27</b> <b>No School</b>	<b>28</b> <b>Chicken Drumstick</b> Mashed Potatoes Green Beans Flavored Applesauce Milk	<b>29</b> <b>Bosco Sticks</b> Marinara Sauce Fresh Broccoli w/Dip Mixed Fruit Cup Milk	<b>30</b> <b>Grilled Cheese Sandwich</b> Waffle Fries Peach Cup Milk	<b>1</b> <b>Chicken Tenders</b> California Veggies Fresh Fruit Cupcake Milk

### News

Breakfast includes 2 grains, milk and a choice of fruit

Monday-Poptart Kit  
 Tuesday- 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"*