



# February 2019 Paramount Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *WG Buffalo Popcorn Chicken N' Tots  w/ Fruit
4 *Beef Hotdog on WG Bun  w/ Ranch Chickpeas & Fruit	5 *Ham Sub on WG Bun  w/ Carrots & Fruit	6 *WG Cheese Pizza  w/ Garden Salad & Fruit	7 *Orange Chicken w/ WG Rice  w/ Cucumber Coins & Fruit	8 *Chicken Sandwich  w/ Tater Tots & Fruit
11 *Hamburger on WG Bun  w/ Dill Pickle & Fruit	12 *Popcorn Chicken, Potato & Corn Bowl  w/ Fruit	13 *WG Pepperoni Pizza  w/ Garden Salad & Fruit	14 *WG Cheese Quesadilla  w/ Carrot & Fruit	15 *BBQ Chicken Drumstick  w/ Ranch Beans & Fruit
18  NO MEAL SERVICE	19 *Cheeseburger on WG Bun  w/ Dill Pickle & Fruit	20 *WG Cheese Pizza  w/ Garden Salad & Fruit	21 *Meatloaf Minis  w/ Mashed Potatoes & Fruit	22 *Hero Sub on WG Bun  w/ BBQ Beans & Fruit
25 *WG Grilled Chicken Sandwich w/ Pepper Jack Cheese  w/ Roasted Chickpeas & Fruit	26 *Chicken, Cheese & Bean Burrito  w/ Cucumber Coins & Fruit	27 *WG Pepperoni Pizza  w/ Garden Salad & Fruit	28 *Chicken Teriyaki w/ WG Rice  w/ Carrots & Fruit	

\* This institution is an equal opportunity provider.  
 \* Menus are subject to change based on product availability.  
 \* WG = whole grain

All meals come with choice of 8 oz. 1% white or fat free chocolate milk