

October 2019 Paramount Academy Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 *Red Chili, Cheese & Bean Burrito w/Fruit & Celery/Carrot	2 *Pepperoni Pizza w/Juice & Salad	3 *Meatball Sub w/Fruit & Carrots	4 *Buffalo Popcorn Chicken N' Tots w/Juice & Tots
7 *Hamburger on WG Bun w/Juice & Ranch Beans	8 *Whole Grain Nachos w/Fruit & Carrot	9 *Cheese Pizza w/Juice & Salad	10 *Meatloaf Minis w/Fruit & Carrots	11 *BBQ Chicken Drumstick w/Fruit & Tots
14 NO MEAL SERVICE	15 *Popcorn Chicken, Corn & Potatoes w/Juice & Mashed Potatoes	16 *Pepperoni Pizza w/Juice & Salad	17 *Chicken Teriyaki w/ WG Rice w/Fruit & Carrots	18 *Hero Sub w/Fruit & Celery
21 *Chicken Corn Dog w/Fruit & Ranch Beans	22 *Cheeseburger w/Fruit & Whole Pickle	23 *Cheese Pizza w/Juice & Salad	24 *Cheese Quesadilla w/Fruit & Carrot	25 *Cheesy Chicken & Tots w/Juice & Tots
28 *Chicken, Cheese & Bean Burrito w/Fruit & Ranch Beans	29 *BBQ Chicken Sandwich w/Fruit & Whole Pickle	30 *Pepperoni Pizza w/Juice & Salad	31 *Orange Chicken & Rice w/Fruit & Carrot	**Choice of skim white or 1% white milk served with each meal**

This institution is an equal opportunity provider