



November 2018 Paramount Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *Chicken Teriyaki w/ WG Rice w/ Carrots & Fruit	2 *Hero Sub on WG w/ Tater Wedges & Fruit
5 *WG Chicken, Cheese & Bean Burrito w/ Carrots & Fruit	6 *WG Chicken Nuggets w/ Dill Pickle Spears & Fruit	7 *WG Cheese Pizza w/ Garden Salad & Fruit	8 *Meatballs w/ Breadsticks w/ Roasted Chickpeas & Fruit	9 *WG Buffalo Popcorn Chicken N' Tots w/ Tater Tots & Fruit
12 VETERANS' DAY OBSERVED No Meal Service	13 *Ham Sub on WG w/ Carrots & Fruit	14 *WG Pepperoni Pizza w/ Garden Salad & Fruit	15 *Orange Chicken w/ WG Rice w/ Cucumber Coins & Fruit	16 *Chicken Sandwich w/ Tater Tots & Fruit
19 NO MEAL SERVICE	20 NO MEAL SERVICE	21 NO MEAL SERVICE	22 THANKSGIVING DAY No Meal Service	23 NO MEAL SERVICE
26 *WG Chicken Corn Dog w/ Carrots & Fruit	27 *Cheeseburger on WG Bun w/ Dill Pickle Spears & Fruit	28 *WG Pepperoni Pizza w/ Garden Salad & Fruit	29 *Meatloaf Minis w/ Mashed Potatoes & Fruit	30 *Hero Sub on WG w/ BBQ Beans & Fruit

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

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