



September 2018 Paramount Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 LABOR DAY *NO MEAL SERVICE*	4 *WG Bean & Cheese Burrito w/ Carrots & Fruit	5 *WG Pepperoni Pizza w/ Garden Salad & Fruit	6 *Orange Chicken w/ WG Rice w/ Cucumber Coins & Fruit	7 *Chicken Sandwich w/ Tater Tots & Fruit
10 *Hamburger on WG Bun w/ Carrots & Fruit	11 *Popcorn Chicken, Potato & Corn Bowl w/ Mashed Potatoes & Fruit	12 *WG Cheese Pizza w/ Garden Salad & Fruit	13 *Oodles of Noodles w/ Meat Sauce w/ Celery & Fruit	14 *BBQ Chicken Drumstick w/ Ranch Beans & Fruit
17 *WG Chicken Corn Dog w/ Carrots & Fruit	18 *Cheeseburger on WG Bun w/ Dill Pickle Spears & Fruit	19 *WG Pepperoni Pizza w/ Garden Salad & Fruit	20 *Meatloaf Minis w/ Mashed Potatoes & Fruit	21 *WG Mac N' Cheese w/ BBQ Beans & Fruit
24 *WG Grilled Chicken Sandwich w/ Pepper Jack Cheese w/ Dill Pickle Spears & Fruit	25 *Red Chili Chicken w/ Spanish Rice w/ Roasted Chickpeas & Fruit	26 *WG Cheese Pizza w/ Garden Salad & Fruit	27 *Chicken Teriyaki w/ WG Rice w/ Carrots & Fruit	28 *WG Irish Nacho Wedges w/ Tater Wedges & 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