

January 2019 Paramount Academy Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	NEW YEAR'S DAY ALL SCHOOLS CLOSED	2	3	4
7	8 *Hamburger on WG Bun w/ Carrots & Fruit	9	10 *WG Cheese Quesadilla w/ Cucumber & Fruit	11 *BBQ Chicken Drumstick w/ Ranch Beans & Fruit
14	15 *WG Chicken Corn Dog w/ Carrots & Fruit	16	17 *Meatloaf Minis w/ Mashed Potatoes & Fruit	18 *Hero Sub w/ BBQ Beans & Fruit
21	22 NO MEAL SERVICE	23	24 *Chicken Teriyaki w/ WG Rice w/ Carrots & Fruit	25 *Hero Sub w/ Tater Wedges & Fruit
28	29 *WG Grilled Chicken Sandwich w/ Pepper Jack Cheese w/ Carrots & Fruit	30	31 *WG Meatball Sub w/ Roasted Chickpeas & 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