



October 2018 Paramount Academy Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *WG Chicken, Cheese & Bean Burrito w/ Carrots & Fruit	2 *WG Chicken Nuggets w/ Dill Pickle Spears & Fruit	3 *WG Pepperoni Pizza w/ Garden Salad & Fruit	4 * Meatballs w/ Breadsticks w/ Roasted Chickpeas & Fruit	5 *WG Buffalo Popcorn Chicken N' Tots w/ Tater Tots & Fruit
8 NO MEALSERVICE	9 *WG Ham Sub w/ Carrots & Fruit	10 *WG Cheese Pizza w/ Garden Salad & Fruit	11 *Orange Chicken w/ WG Rice w/ Cucumber Coins & Fruit	12 *Chicken Sandwich w/ Tater Tots & Fruit
15 *Hamburger on WG Bun w/ Carrots & Fruit	16 *Popcorn Chicken, Potato & Corn Bowl w/ Mashed Potatoes & Fruit	17 *WG Pepperoni Pizza w/ Garden Salad & Fruit	18 *Oodles of Noodles w/ Meat Sauce w/ Celery & Fruit	19 *BBQ Chicken Drumstick w/ Ranch Beans & Fruit
22 *WG Chicken Corn Dog w/ Carrots & Fruit	23 *Cheeseburger on WG Bun w/ Dill Pickle Spears & Fruit	24 *WG Cheese Pizza w/ Garden Salad & Fruit	25 *Meatloaf Minis w/ Mashed Potatoes & Fruit	26 *WG Hero Sub w/ BBQ Beans & Fruit
29 *WG Grilled Chicken Sandwich w/ Pepper Jack Cheese w/ Roasted Chickpeas & Fruit	30 *WG Ham Sub w/ Cucumber Coins & Fruit	31 *WG Pepperoni Pizza w/ Garden Salad & 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