



Secondary November 2018



Daily Breakfast Options

- ◇ Whole Grain Cereal
- ◇ Whole Wheat Toast
- ◇ Muffins & Bagels
- ◇ Hot Savory Sandwiches
- ◇ Rotating Favorites
- ◇ All served w/ fruit & milk

Daily Lunch Entrées

Grill *Served on a whole-wheat bun

- ◇ Cheeseburger
- ◇ Hamburger
- ◇ Fish Burger
- ◇ Chicken Burger
- ◇ Veggie Burger

Pizza

- ◇ Cheese
- ◇ Chicken-Pepperoni
- ◇ Specialty Varieties

Other

- ◇ Peanut Butter or Sunbutter & Jelly w/ Cheese Stick
- ◇ Bean & Cheese Burrito

Lunch On-The-Go

Sandwiches:

- ◇ M- Italian Combo
- ◇ T- Roast Turkey & Swiss
- ◇ W- Turkey-Ham & Cheddar
- ◇ TH- Turkey-Pastrami & American
- ◇ F- Turkey & American

Salads:

- ◇ M- Yogurt & Muffin Salad
- ◇ T- Rotating Specialty OR Veg Salad
- ◇ W- Chicken Caesar OR Veg Salad
- ◇ TH-Rotating Specialty OR Veg Salad
- ◇ F- Chicken Caesar OR Veg Salad

Monday	Tuesday	Wednesday	Thursday	Friday
= Vegetarian = Scratch Made All lunch entrees include a trip through the fresh fruit & vegetable bar, plus your choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk. ** Menus are subject to change**			1 Chicken & Waffles	2 Philly Cheese Steak Sandwich
5 Spicy Buffalo Wings w/ Roasted Potatoes & WW Roll	6 Beef Meatballs w/ Mashed Potatoes, Gravy & Garlic Toast	7 Chicken Teriyaki w/ Brown Rice	8 <i>Penne Chicken Alfredo</i>	9 Alaskan Breaded Fish & Chips w/ WW Roll
12 NO SCHOOL	13 Chicken Corndog	14 Chicken & Waffles	15 <i>Beef or Cheese Nachos</i>	16 Cherry Blossom Chicken w/ Brown Rice
19 100% Beef Hot Dog/ w Oven Baked Fries	20 Turkey Gravy w/ Mashed Potatoes, Roll & Cranberry Sauce	21 Chef's Choice	22 Thanksgiving Break 23	
26 Mozzarella Cheese Breadsticks	27 Pancakes, Turkey-Sausage, and Hash Browns	28 Tomato Soup w/ Grilled Cheese	29 <i>Beef & Broccoli over Brown Rice</i>	30 Chicken Tenders w/ WW Roll

PRICING

	Lunch	Breakfast
Elementary School	\$3.00	\$2.00
Middle School	\$3.25	\$2.25
Reduced:	No Charge	
Adult:	\$4.75	\$3.25

Families can apply for free or reduced price meals online at: www.paypams.com/onlineapp

This institution is an equal opportunity provider and employer.