

PENTAB ACADEMY OCTOBER LUNCH MENU

28	29	30	1 ARROZ CON POLLO CHICKEN & YELLOW RICE MIXED VEGETABLES FRESH FRUIT	2 CHEESE PIZZA GREEN SALAD FRESH FRUIT
5 CHICKEN PATTY WHOLEGRAIN BUN BEANS FRESH FRUIT	6 BEEFARONI ELBOW MACARONI CARROTS FRESH FRUIT	7 CHICKEN NUGGETS RICE PLANTAINS FRESH FRUIT	8 BEEF TACO BOWL WITH WHOLEGRAIN RICE MIXED VEGETABLES AND FRESH FRUIT	9 CHEESE PIZZA STEAMED VEGETABLE FRESH FRUIT
12 No School Teacher Planning	13 SPAGHETTI WITH MEATBALLS CARROTS FRESH FRUIT	14 NACHO CHIPS CHICKEN & CHEESE BEANS FRESH FRUIT	15 CHICKEN FRICASSEE WHITE RICE MIXED VEGETABLES FRESH FRUIT	16 CHEESE PIZZA GREEN SALAD FRESH FRUIT
19 HAMBURGER WHOLEGRAIN BUN POTATOES FRESH FRUIT	20 CHICKEN TENDERS PENNE PASTA CARROTS FRESH FRUIT	21 BEEF BURRITO BOWL WHOLEGRAIN TORILLA BEANS FRESH FRUIT	22 ARROZ CON POLLO (CHICKEN WITH RICE) GREEN BEANS AND FRESH FRUIT	23 CHEESE PIZZA GREEN SALAD FRESH FRUIT
26 CHICKEN PATTY WHOLEGRAIN BUN BEANS FRESH FRUIT	27 BEEFARONI ELBOW MACARONI CARROTS FRESH FRUIT	7 CHICKEN NUGGETS RICE PLANTAINS FRESH FRUIT	29 MAC & CHEESE CHICKEN MIXED VEGETABLES FRESH FRUIT	30 CHEESE PIZZA GREEN SALAD FRESH FRUIT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER.