



Pan American Academy Charter School

PANAMERCS-100-11-2025

Breakfast - Cold , November 2025



Monday03	Tuesday04	Wednesday05	Thursday06	Friday07
Cinnamon Crisp Bar Raisins 100% Grape Juice 1% Milk	Yogurt Graham Crackers Fresh Apple Pineapple Cup & 1% Milk	WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice 1% Milk	Honey Cheerios, Graham CraCkers Fresh Apple 100% Orange Tangerine JuiCe 1% Milk	WG Chocolate Chip Muffin, Fresh Pear 100% Very Berry JuiCe 1% Milk
Monday10	Tuesday11	Wednesday12	Thursday13	Friday14
Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce 1% Milk	School Closed For Students and Staff	Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk	WG Plain Bagel, Cream Cheese, Applesauce, 100% Orange- Tangerine Juice 1% Milk	Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk
Monday17	Tuesday18	Wednesday19	Thursday20	Friday21
Cinnamon Crisp Bar Raising 100% Grape Juice 1% Milk	Yogurt Graham Crackers Fresh Apple Pineapple Cup & 1% Milk	WG Cinnamon Raisins Bagel Butter Peach Cup 100% Grape Juice & 1% Milk	RS Cocoa Puffs Graham Crackers, Raisins 100% Orange Tangerine Juice 1% Milk	WG Blueberry Muffin Fresh Orange 100% Very Berry Juice 1% Milk
Monday24	Tuesday25	Wednesday26	Thursday27	Friday28
WG Banana Muffin, Raisins, Applesauce 1% Milk	Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk	WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk Early Dismissal	Thanksgiving Day School Closed	School Closed



Pan American Academy Charter School

K-8 Lunch A , November



Monday 03	Tuesday 04	Wednesday 05	Thursday 06	Friday 07
Breaded Chicken Tenders & Roasted Potatoes Ketchup Fresh Orange Chocolate Skim Milk	Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Pear Chocolate Skim Milk	Turkey Hot Dog on WW Bun, Ketchup Baked Beans Fresh Apple Chocolate Skim Milk	Cheese Lasagna w/ Tomato Sauce & Steamed Green Beans Fresh Banana Chocolate Skim Milk	Cheese Pizza Ranch Dressing Fresh Baby Carrots Craisins Chocolate Skim Milk
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Butter Chicken w/ Brown Rice & Peas Fresh Orange Chocolate Skim Milk	<i>School Closed For Students and Staff</i>	Chicken Nuggets & Baked Beans BBQ Sauce Fresh Apple Chocolate Skim Milk	Beef Enchilada Fresh Banana Chocolate Skim Milk Fresh Garden Side Salad	Cheese Pizza Ranch Dressing Fresh Baby Carrots Craisins Chocolate Skim Milk
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Turkey Hot Dog on WW Bun Ketchup, Baked Beans Fresh Orange Chocolate Skim Milk	General Tso's Chicken w/ Brown Rice & Steamed Broccoli Fresh Pear Chocolate Skim Milk	French Toast w/ Scrambled Eggs Syrup Roasted Sweet Potatoes Fresh Apple Chocolate Skim Milk	Turkey w/ Gravy & Mashed Potatoes WG Dinner Roll Fresh Banana Chocolate Skim Milk	Cheese Pizza Ranch Dressing Fresh Baby Carrots Applesauce Chocolate Skim Milk
Monday 24	Tuesday 25	Wednesday 26	27	28
Salisbury Steak w/ Gravy & Roasted Potatoes WG Bun Fresh Orange Chocolate Skim Milk	Breaded Chicken Patty on WW Bun, Baked Beans BBQ Sauce Fresh Pear Chocolate Skim Milk	Cheese Pizza Ranch Dressing Fresh Baby Carrots Fresh Apple Chocolate Skim Milk <i>Early Dismissal</i>	<i>School Closed Thanksgiving Day</i>	<i>School Closed</i>

* Consuming raw or under cooked meat, poultry, seafood, shellsh or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subjected to change, notice posted when available. This institution is an equal opportunity provider.

Enjoy a variety of fresh and balanced dishes to keep you energized and ready for a great year ahead. / Disfruta de una variedad de frutas frescas, verduras equilibrados para mantenerte con energía y listo para un gran año por delante.