



Pan American Academy Charter School

PANAMERCS-100-7-2026

Breakfast - Cold

, July 2026



		Wednesday 01	Thursday 02	Friday 03
		WG Apple Muffin, Raisins, Applesauce 100% Grape Juice 1% Milk	Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk	School Closed
Monday 06	Tuesday 07	08	09	10
Cinnamon Crisp Bar, Raisins, 100% Grape Juice 1% Milk	Honey Cheerios,Graham Crackers,Fresh Apple Orange-Tangerine Juice 1% Milk	WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice 1% Milk	WG Plain Bagel, Cream Cheese, Applesauce, Orange-Tangerine Juice 1% Milk	WG Frosted Corn Flakes, Graham Crackers, Peach 100%Grape Juice 1% Milk
13	14	15	16	17
KIDS BX 20ct G&G Breakfast 2G Red Sugar Cocoa Puff, GC, Raisin & Juice 1% Milk	Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk	WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice 1% Milk	Cinn Toast Crunch,Graham Crackers,Applesauce,100% OrangeTangerineJuice 1% Milk	Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk
20	21	22	23	24
Reduced Sugar Trix, Graham Crackers, Peach Cup, 100%Grape Juice 1% Milk	WG Plain Bagel, Cream Cheese, Applesauce, 100% Orange-Tangerine Juice 1% Milk	WG Apple Muffin, Raisins, Applesauce 100% Grape Juice 1% Milk	Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk	Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk
27	28	29	30	31
Cinnamon Crisp Bar, Raisins, 100% Grape Juice 1% Milk	Honey Cheerios,Graham Crackers,Fresh Apple, Orange-Tangerine Juice 1% Milk	WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice 1% Milk	WG Plain Bagel, Cream Cheese, Applesauce, Orange-Tangerine Juice 1% Milk	School Closed

* Consuming raw or under cooked meat, poultry, seafood, shellfish 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.



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K-8 Lunch B , July 2026



		Wednesday 01	Thursday 02	Friday 03
		Protein Pasta Alfredo & Steamed Green Peas WG Dinner Roll Fresh Apple Chocolate Skim Milk	Cobb Salad Ranch Dressing WG Corn Muffin Fresh Banana Chocolate Skim Milk	<i>Closed</i>
Monday 06	Tuesday 07	08	09	10
Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Pear Chocolate Skim Milk	Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots Fresh Apple Chocolate Skim Milk	Spanish Rice w/ Cheese & Beans Diced Peaches Chocolate Skim Milk	Bean & Cheese Burrito Taco Sauce Fresh Banana Chocolate Skim Milk Tater Tots	Cheese Pizza Ranch Dressing Craisins Chocolate Skim Milk Fresh Baby Carrots
13	14	15	16	17
Cheese Ravioli w/Tomato Sauce & Steamed Green Beans Fresh Apple Chocolate Skim Milk	Veggie Burger on WW Bun Mayonnaise Diced Peaches Chocolate Skim Milk Baked Beans	Chicken Caesar Salad Ranch Dressing WG Dinner Roll Fresh Pear Chocolate Skim Milk	Egg & Cheese English Muffin Sandwich Ketchup Fresh Banana Chocolate Skim Milk Roasted Potatoes	Cheese Pizza Ranch Dressing Craisins Chocolate Skim Milk Fresh Baby Carrots
20	21	22	23	24
Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes Mixed Fruit Chocolate Skim Milk	Breaded Chicken Patty on WW Bun BBQ Sauce Fresh Pear Chocolate Skim Milk Roasted Sweet Potatoes	Protein Pasta Alfredo & Steamed Green Peas WG Dinner Roll Fresh Apple Chocolate Skim Milk	Cobb Salad Ranch Dressing WG Corn Muffin Fresh Banana Chocolate Skim Milk	Cheese Pizza Ranch Dressing Craisins Chocolate Skim Milk Fresh Baby Carrots
27	28	29	30	31
Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Pear Chocolate Skim Milk	Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots Fresh Apple Chocolate Skim Milk	Spanish Rice w/ Cheese & Beans Diced Peaches Chocolate Skim Milk	Bean & Cheese Burrito Taco Sauce Fresh Banana Chocolate Skim Milk & Tater Tots	<i>Closed</i>

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