

PAN AMERICAN ACADEMY CHARTER SCHOOL

Breakfast - September 2026

TUES1 WG Plain Bagel, Cream Cheese, Applesauce, 100%Orange-Tangerine Juice 1% Milk, Unflavored WG Waffles 100% Orange Tangerine Juice Applesauce, Raisins	WED2 WG Apple Muffin, Raisins, 100% Grape Juice 1% Milk, Unflavored	THU3 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Cinnamon Bun 100% Apple Juice Mixed Fruit 1% Milk, Unflavored	FRI4 Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk, Unflavored Early Dismissal	
MON7 School Closed For Students And Staff	TUE8 Yogurt, Graham Crackers Fresh Apple, Pineapple Cup 1% Milk, Unflavored	WED9 Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce 1% Milk, Unflavored Dutch Waffle 100% Orange Tangerine Juice Applesauce, Syrup 1% Milk, Unflavored	THU10 Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored	FRI11 WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored
MON14 Cinnamon Crisp Bar, Raisins, 100% Grape Juice 1% Milk, Unflavored	TUES15 Honey Cheerios,Graham Crackers,Fresh Apple,100%Orange-Tangerine Juice 1% Milk, Unflavored WG French Toast 100% Orange Tangerine Juice Applesauce	WED16 WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100%Grape Juice 1% Milk, Unflavored Cinnamon Bun 100% Fruit Punch Juice Diced Peaches 1% Milk, Unflavored	THU17 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored	FRI18 WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored Early Dismissal For Students
MON21 School Closed For Students And Staff	TUES22 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup Apple Frudel 100% Apple Juice Mixed Fruit 1% Milk, Unflavored	WED23 Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored	THU24 WG Plain Bagel, Cream Cheese, Applesauce, 100%Orange-Tangerine Juice 1% Milk, Unflavored WG Pancakes 100% Orange Tangerine Juice Applesauce Syrup 1% Milk, Unflavored	FRI25 Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored
MON28 WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100%Grape Juice 1% Milk, Unflavored	TUE29 Cinn Toast Crunch,Graham Crackers,Applesauce,100% OrangeTangerineJuice Or WG Waffles 100% Orange Tangerine Juice Applesauce Syrup 1% Milk, Unflavored	WED30 WG Apple Muffin, Raisins, 100% Grape Juice 1% Milk, Unflavored		

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Lunch, K- 8 - September 2026

TUE1 Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Hooray Sidekick Banana/ Cherry 4.4oz 84ct Marinara Sauce Chocolate Skim Milk	WED2 Salisbury Steak w/ Gravy & Roasted Potatoes Fresh Apple WG Bun Chocolate Skim Milk Protein Pasta Alfredo & Steamed Green Peas Fresh Apple WG Dinner Roll Chocolate Skim Milk	THU3 General Tso's Chicken w/ Brown Rice & Steamed Broccoli Fresh Banana Chocolate Skim Milk	FRI4 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk Early Dismissal	
MON7 School Closed For Students And Staff	TUE8 Cheesy Crispy Chicken Biscuit Sandwich Diced Peaches Ketchup Roasted Sweet Potatoes Chocolate Skim Milk	WED9 Meatballs w/ BBQ Sauce Cheese & Broccoli Fresh Pear WG Club Roll Chocolate Skim Milk Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Pear Chocolate Skim Milk	THU10 French Toast w/ Scrambled Eggs Fresh Banana Roasted Potatoes Syrup Chocolate Skim Milk	FRI11 Italian Cheesy Pull-Aparts Applesauce Fresh Baby Carrots Ranch Dressing Chocolate Skim Milk
MON14 Turkey Fajita w/ Brown Rice Pilaf & Steamed Carrots Fresh Apple Chocolate Skim Milk Cheese Lasagna w/ Tomato Sauce & Steamed Green Beans Fresh Apple Chocolate Skim Milk	TUE15 Chicken Enchilada Empanada 100% Sun Splash Vegetable Juice Fava Bean Crisps Churro Fresh Pear, Or Spanish Rice w/ Cheese & Beans Fresh Pear Chocolate Skim Milk	WED16 Toasted Cheese Sandwich Ketchup Mixed Fruit Tater Tots, Or Adobo Chicken w/ Cilantro Brown Rice & Corn Mixed Fruit Chocolate Skim Milk	THU17 Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Banana Chocolate Skim Milk	FRI18 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing, Or Cheeseburger on WW Bun Fresh Baby Carrots Ketchup Raisins Ranch Dressing Chocolate Skim Milk Early Dismissal For Students
MON21 School Closed For Students And Staff	TUE22 Breaded Chicken Tenders & Roasted Potatoes BBQ Sauce Diced Peaches, Or Egg & Cheese English Muffin Sandwich Diced Peaches Ketchup Roasted Potatoes Chocolate Skim Milk	WED23 Macaroni & Cheese and Steamed Broccoli Fresh Apple Chocolate Skim Milk	THU24 Turkey Hot Dog on WW Bun Fresh Banana Ketchup Roasted Sweet Potatoes Or Cheese Ravioli w/Tomato Sauce & Steamed Green Beans Fresh Banana Chocolate Skim Milk	FRI25 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk
MON28 General Tso's Chicken w/ Brown Rice & Steamed Broccoli Fresh Apple, Or Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Apple Chocolate Skim Milk	TUE29 Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Fresh Pear Marinara Sauce Chocolate Skim Milk	WED30 Chicken Nuggets & Baked Beans BBQ Sauce Mixed Fruit, Or Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes Mixed Fruit Chocolate Skim Milk		

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. • This institution is an equal opportunity provider, employer and lender. • We do not recommend medical decisions regarding dietary needs be solely based on the nutrition information provided. Always consult with the staff on site if you have any questions or concerns. Nutrition information is subject to change based on menu changes and product substitutions. • If you have a food allergy, or intolerance, please notify us.