

PAN AMERICAN ACADEMY CHARTER SCHOOL

Breakfast Menu, October 2026

					THU 1	FRI 2
					Yogurt, GC, Fresh Apple, Fruit Cup, Or Cinnamon Bun 100% Apple Juice , Mixed Fruit 1% Milk, Unflavored	 Breakfast - Cold Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk, Unflavored
MON 5	TUE 6	WED 7	THU 8	FRI 9		
 Breakfast - Cold Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce 1% Milk, Unflavored	Breakfast - Cold Yogurt, Grahams Crackers, Fresh Apple, Fruit Cup 1% Milk, Unflavored	 Breakfast - Cold WG Plain Bagel, Cream Cheese, Applesauce, 100%Orange-Tangerine Juice, Or  Breakfast - Hot Dutch Waffle 100% Orange Tangerine Juice, Syrup, Applesauce & Milk	 Breakfast - Cold Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice  Breakfast - Hot Apple Frudel 100% Very Berry Juice, Fresh Pear 1% Milk, Unflavored	 Breakfast - Cold WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored		
MON 12	TUE 13	WED 14	THU 15	FRI 16		
School Closed For Students - Full Day For Staff	 Breakfast - Cold Honey Cheerios,Graham Crackers,Fresh Apple, 100% Orange-Tangerine Juice Or WG French Toast 100% Orange Tangerine Juice Applesauce, Syrup 1% Milk, Unflavored	 Breakfast - Cold WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice Or  Breakfast - Hot Cinnamon Bun, Diced Peaches 100% Fruit Punch Juice 1% Milk, Unflavored	Breakfast Cold Yogurt, Graham Crackers, Fresh Apple Fruit Cup 1% Milk, Unflavored	 Breakfast - Cold WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored		
MON 19	TUE 20	WED 21	THU 22	FRI 23		
 Breakfast - Cold RS Cocoa Puffs, Graham Crackers, Raisins, 100%Orange-Tangerine Juice 1% Milk, Unflavored	 Breakfast - Cold Yogurt, GC, Apple, Fruit Cup  Breakfast - Hot Apple Frudel 100% Apple Juice Mixed Fruit 1% Milk, Unflavored	 Breakfast - Cold Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice  Breakfast - Hot Sunrise Breakfast Calzone 100% Very Berry Juice Fresh Pear 1% Milk, Unflavored	 Breakfast - Cold WG Plain Bagel, Cream Cheese, Applesauce, 100%Orange-Tangerine Juice  Breakfast - Hot WG Pancakes 100% Orange Tangerine Juice Applesauce	 Breakfast - Cold Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored		
MON 26	TUE 27	WED 28	THU 29	FRI 30		
 Breakfast - Cold WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice 1% Milk, Unflavored	 Breakfast - Cold Cinn Toast Crunch,Graham Crackers, Applesauce, 100%OrangeTangerineJuice Or WG Waffles 100% Orange Tangerine Juice Applesauce, Syrup 1% Milk, Unflavored	 Breakfast - Cold WG Apple Muffin, Raisins, 100% Grape Juice  Breakfast - Hot Biscuit Cheese Melt 100% Fruit Punch Juice Raisins,1% Milk, Unflavored	 Breakfast - Cold Yogurt, GC, Apple, Fruit Cup  Breakfast - Hot Cinnamon Bun 100% Apple Juice Mixed Fruit 1% Milk, Unflavored	 Breakfast - Cold Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk, Unflavored Early Dismissal For Students		

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. • For support with dietary accommodations, please contact your local school for further assistance.

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Lunch Menu, October 2026

Lunch Menu, October 2026			THU1 Salisbury Steak w/ Gravy &Roasted Or Protein Pasta Alfredo & Steamed Green Peas Fresh Banana WG Dinner Roll, Chocolate Skim Milk	FRI2 K-8 Lunch A Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk
MON5 K-8 Lunch A Cheesebuger Calzone, Ketchup, Or Veggie Burger On WW Bun, Baked Beans, Diced Peaches Mayonaise Chocolate Skin Milk	TUE6 K-8 Lunch A Cheesy Crispy Chicken Biscuit Sandwich Fresh Apple Ketchup Roasted Sweet Potatoes Stir Fried Brown Rice with Eggs and Vegetables Fresh Apple Chocolate Skim Milk	WED7 K-8 Lunch A Meatballs w/ BBQ Sauce Cheese & Broccoli Fresh Pear WG Club Roll K-8 Lunch B Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Pear Chocolate Skim Milk	THU8 K-8 Lunch A French Toast w/ Scrambled Eggs Fresh Banana, Roasted Potatoes K-8 Lunch B Beef Patty on WW Bun Fresh Banana, Ketchup Roasted Potatoes Chocolate Skim Milk	FRI9 K-8 Lunch A Italian Cheesy Pull-Aparts Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk
MON12 School Closed For Students and Staff	TUE13 K-8 Lunch A Chicken Enchilada Empanada 100% Sun Splash Vegetable Juice Fava Bean Crisps Churro, Or K-8 Lunch B Spanish Rice w/ Cheese & Beans Fresh Pear Chocolate Skim Milk	WED14 K-8 Lunch A Mini Turkey Corn Dogs & Smiley Fries K-8 Lunch B Toasted Cheese Sandwich Ketchup Mixed Fruit Tater Tots Chocolate Skim Milk	THU15 K-8 Lunch A Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Banana Chocolate Skim Milk	FRI16 K-8 Lunch A Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk
MON19 K-8 Lunch A BBQ Chicken w/ Brown Rice Pilaf & Baked Beans, Or Veggie Burger on WW Bun Baked Beans Fresh Pear Mayonnaise Chocolate Skim Milk	TUE20 K-8 Lunch A Breaded Chicken Tenders & Roasted Potatoes BBQ Sauce Or Egg & Cheese English Muffin Sandwich Diced Peaches Ketchup Roasted Potatoes Chocolate Skim Milk	WED21 K-8 Lunch A Macaroni & Cheese and Steamed Broccoli Fresh Apple Chocolate Skim Milk	THU22 K-8 Lunch A Turkey Hot Dog on WW Bun Fresh Banana Ketchup Roasted Sweet Potatoes K-8 Lunch B Cheese Ravioli w/Tomato Sauce & Steamed Green Beans Fresh Banana Chocolate Skim Milk	FRI23 K-8 Lunch A Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk
MON26 K-8 Lunch A General Tso's Chicken w/ Brown Rice & Steamed Broccoli, Or K-8 Lunch B Pasta w/ Tomato Sauce & Cheese Broccoli, Fresh Apple Chocolate Skim Milk	TUE27 K-8 Lunch A Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Fresh Pear Marinara Sauce Chocolate Skim Milk	WED28 K-8 Lunch A Chicken Nuggets & Baked Beans BBQ Sauce K-8 Lunch B Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes Mixed Fruit Chocolate Skim Milk	THU29 Salisbury Steak w/ Gravy & Roasted Potatoes, WG Bun Or K-8 Lunch B Protein Pasta Alfredo & Steamed Green Peas Fresh Banana WG Dinner Roll & Chocolate Milk	FRI30 K-8 Lunch A Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing Chocolate Skim Milk Early Dismissal For Students

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