

# OCTOBER

## Pontiac Academy for Excellence K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 <b>Chicken Nuggets</b> (5) WG Chicken Nuggets 1.1 oz WG Dinner Roll</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Apple BBQ Sauce</p>	<p>4 <b>Beef Hot Dog</b> 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun</p> <p><b>SIDES</b> 3/4 c. Tater Tots 1/2 c. Fresh Orange Ketchup</p>	<p>5 <b>Pulled BBQ Chicken Sandwich</b> 2.8 oz. BBQ Chicken 2.05 oz. WG Sub Bun</p> <p><b>SIDES</b> 3/4 c. Baked Beans 1/2 c. Fresh Peach</p>	<p>6 <b>Mac &amp; Cheese Bowl</b> 2 oz. WG Popcorn Chicken 1 c. WG Macaroni &amp; Cheese</p> <p><b>SIDES</b> 3/4 c. Broccoli 1/2 c. Fresh Seasonal Fruit</p>	<p>7 <b>Beef Pepperoni Calzone</b> 5 oz. Italian Pepperoni Calzone w/ WG Crust</p> <p><b>SIDES</b> 3/4 c. Fresh Cucumbers 1/2 c. Fresh Pear Ranch</p>
<p>10 <b>Boneless BBQ Wings</b> (5) - Boneless Wings 2 oz. WG Corn Muffin</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Fries 1/2 c. Fresh Apple Ketchup</p>	<p>11 <b>Mashed Potato Bowl</b> 2 oz. WG Popcorn Chicken 1 oz. Shredded Cheddar 1/2 c. Mashed Potatoes 1/4 c. Corn</p> <p><b>SIDES</b> 1.1 oz WG Dinner Roll 1/2 c. Fresh Orange</p>	<p>12 <b>Mexican Beef Burrito</b> 2 oz. Beef &amp; Cheese 2 oz WG Tortilla</p> <p><b>SIDES</b> 3/4 c. Refried Beans 1/2 c. Fresh Peach</p>	<p>13 <b>Turkey Tetrzzini</b> 2.8 oz. Turkey 1 c. WG Spaghetti Noodles</p> <p><b>SIDES</b> 3/4 c. Mixed Vegetables 1/2 c. Fresh Seasonal Fruit</p>	<p>14 <b>Pizza</b> 2 oz. Pepperoni &amp; Cheese 2 oz. WG Crust</p> <p><b>SIDES</b> 1.5 c. Fresh Garden Salad 1/2 c. Fresh Pear Italian Dressing</p>
<p>17 <b>Chicken Patty Sandwich</b> 3.29 oz. Crispy Chicken Patty 2 oz. WG Bun</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Tots 1/2 c. Fresh Apple Mayo</p>	<p>18 <b>French Toast Brunch</b> (2) Turkey Sausage Links (2) WG French Toast</p> <p><b>SIDES</b> 3/4 c. Hashbrowns w/ Cheese 1/2 c. Fresh Orange Syrup</p>	<p>19 <b>BBQ Ribette Sandwich</b> 2.8 oz. BBQ Beef Ribette 2.05 oz. WG Sub Bun</p> <p><b>SIDES</b> 3/4 c. Baked Beans 1/2 c. Fresh Peach</p>	<p>20 <b>Beef Mostaccioli</b> 2 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Penne Noodles 1/4 c. Spaghetti Sauce</p> <p><b>SIDES</b> 3/4 c. Green Beans 1/2 c. Fresh Seasonal Fruit</p>	<p>21 <b>Pizza</b> 2 oz. Pepperoni &amp; Cheese 2 oz. WG Crust</p> <p><b>SIDES</b> 3/4 c. Baby Carrots 1/2 c. Fresh Pear Ranch</p>
<p>24 <b>Beef Sloppy Joe</b> 2 oz. Ground Beef 2 oz. WG Bun</p> <p><b>SIDES</b> 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Apple Ketchup</p>	<p>25 <b>Crispy Chicken Tenders</b> (3) WG Chicken Tenders 1.1 oz WG Dinner Roll</p> <p><b>SIDES</b> 3/4 c. Tater Tots 1/2 c. Fresh Orange Ranch Ketchup</p>	<p>26 <b>Mexican Beef Tacos</b> 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p><b>SIDES</b> 3/4 c. Black Beans &amp; Corn 1/2 c. Fresh Peach Salsa</p>	<p>27 <b>Chicken Parmesan</b> 3.39 oz. WG Chicken 1 oz. Shredded Mozzarella 1 c. WG Spaghetti Noodles 1/4 c. Spaghetti Sauce</p> <p><b>SIDES</b> 3/4 c. Broccoli 1/2 c. Fresh Seasonal Fruit</p>	<p>28 <b>Beef Pepperoni Calzone</b> 5 oz. Italian Pepperoni Calzone w/ WG Crust</p> <p><b>SIDES</b> 3/4 c. Fresh Cucumbers 1/2 c. Fresh Pear Ranch</p>
<p>31 <b>BBQ Beef Sandwich</b> 3 oz. BBQ Beef 2.05 oz. WG Sub Bun</p> <p><b>SIDES</b> 3/4 c. Roasted Carrots 1/2 c. Fresh Apple</p>	<p><b>This institution is an equal opportunity provider.</b>  <b>*Menu items are subject to change based on availability.*</b>  <b>Choice of Milk:</b> FF Chocolate, FF White or 1% White</p>			

### ALTERNATIVE OPTIONS

#### MONDAY

**Vegetarian Chicken Nuggets (VG)**

5-Veggie Nuggets, 1.1 oz. WG Dinner Roll, 3/4 c. Sweet Potato Wedges, BBQ Sauce

**Chicken Pasta Salad**

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 3/4 c. Carrots, Broccoli, Peppers, Italian Dressing

#### TUESDAY

**WG Grilled Cheese Sandwich (VG)**

4 oz. WG Grilled Cheese on WW Bread, 3/4 c. Tater Tots  
Ketchup

**Chef Salad**

2.8 oz. Turkey, 1 oz. Cheddar Cheese, 1 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

#### WEDNESDAY

**Bean & Cheese Burrito (VG)**

4 oz. Bean & Cheese Burrito on WG Tortilla, 3/4 c. Mexican Corn, Salsa

**Southwest Salad**

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

#### THURSDAY

**Three Cheese Calzone (VG)**

4 oz. WG Three Cheese Calzone w/ WG Crust, 3/4 c. Broccoli

**Crispy Chicken Salad**

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

**\*All meals are served with the "fruit of the day" & your choice of milk. FF Chocolate, FF Unflavored & 1% Unflavored milk is available\***