







PAAL & Reid Menu

October 2024



ITEMS OF THE MONTH:
APPLE PEARS AND GRAPES

Key
























































































-  **House-Made**
-  **Vegetarian Entrees**
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All fruits, fresh vegetables, & cereals are vegan.
-  **Contains Pork**
-  **All grains are whole-grain rich**
Except cinnamon roll
-  **New Item**

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON	TUE	WED	THU	FRI
OFFERED DAILY BREAKFAST: <ul style="list-style-type: none"> • Whole Grain Cereals  • Yogurt with Granola  • String Cheese  • 100% Fruit Juice  • Low-Fat White Milk  • Nonfat Chocolate Milk  	BREAKFAST 1 Bagel w/Cream Cheese  Yogurt with Granola  LUNCH BBQ Turkey Mac & Cheese  Chicken Tamale w/Spicy Beans 	BREAKFAST 2 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  LUNCH Thai Sweet Chili Chicken w/Rice  PB&J Sandwich 	BREAKFAST 3 Cinnamon Crumb Cake  Yogurt with Granola  LUNCH Chili Cheese Nachos  Chicken Drumstick & Waffle	BREAKFAST 4 Cinnamon Waffle  Yogurt with Granola  LUNCH Cheese Pizza  Spicy Chicken Sandwich
BREAKFAST 7 French Toast Sticks  Yogurt with Granola  LUNCH Corn Dog Quesadilla 	BREAKFAST 8 PB&J Sandwich  Yogurt with Granola  LUNCH Kickin' Tenders w/Rolls  Chicken Sliders	BREAKFAST 9 House-Baked Cinnamon Roll  Yogurt with Granola  LUNCH Bean & Cheese Burrito  Cheeseburger	BREAKFAST 10 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  LUNCH PB&J Sandwich  Boneless Chicken Wings & Waffle	BREAKFAST 11 Mini Maple Pancakes  Yogurt with Granola  LUNCH Spicy Chicken Sandwich Pepperoni Pizza
NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18				
BREAKFAST 14 Pizza Stick  Yogurt with Granola  LUNCH Beef & Bean Burrito Orange Chicken w/Rice 	BREAKFAST 15 Breakfast Bites  Yogurt with Granola  LUNCH Hamburger Macaroni & Cheese 	BREAKFAST 16 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  LUNCH Teriyaki Meatballs w/Rice  Spicy Chicken Sandwich	BREAKFAST 17 Cinnamon Crumb Cake  Yogurt with Granola  LUNCH Chili Cheese Nachos  Pancakes & Sausage  <i>Farm to School Apple Pears</i>	BREAKFAST 18 Muffin  Yogurt with Granola  LUNCH Cheese Pizza  Chicken Tenders w/Roll
BREAKFAST 21 French Toast Sticks  Yogurt with Granola  LUNCH Boneless Chicken Wings w/Cornbread  Grilled Cheese Sandwich 	BREAKFAST 22 Pan Dulce Concha  Yogurt with Granola  LUNCH Chili Cheese Nachos  Corn Dog	BREAKFAST 23 House-Baked Cinnamon Roll  Yogurt with Granola  LUNCH Chicken Teriyaki w/Rice  Chickpea Butter & Jelly (CB&J) Sandwich 	BREAKFAST 24 Egg, Cheese, & Turkey Sausage Breakfast Burrito   Yogurt with Granola  LUNCH Chicken Nuggets w/Roll Southwest Bean Burger 	BREAKFAST 25 Blueberry Waffle  Yogurt with Granola  LUNCH Spicy Chicken Sandwich Pepperoni Pizza
BREAKFAST 28 Breakfast Bar  Yogurt with Granola  LUNCH Bean Burrito  Kung Pao Chicken w/Rice 	BREAKFAST 29 Bagel w/Cream Cheese  Yogurt with Granola  LUNCH BBQ Turkey Mac & Cheese  Chicken Tamale w/Spicy Beans 	BREAKFAST 30 Egg, Cheese, & Turkey Ham Croissant Sandwich  Yogurt with Granola  LUNCH Chili Cheese Nachos  PB&J Sandwich 	BREAKFAST 31 Cinnamon Crumb Cake  Yogurt with Granola  LUNCH Cheese Pizza  Chicken Drumstick & Waffle <i>Farm to School Grapes</i>	OFFERED DAILY LUNCH: <ul style="list-style-type: none"> • Fruits & Vegetables  • Salads  • Sandwiches  • Yogurt with Granola  • 100% Fruit Juice  • Low-Fat White Milk  • Nonfat Chocolate Milk 