

STUDENT NAME : _____

A YUMMY OCTOBER 2019 MENU PAIDEIA CLASSICAL ACADEMY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
30	1	2	3	4	Turkey Sandwich, Veggie Chips, Fresh Fruit
Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit	Breakfast for Lunch-French Toast, Eggs, Lyonnaise Potatoes, Fresh Fruit	Picadillo, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit	Turkey Meatball Sub, Baked Tater Tots, Fresh Fruit	Beef & Broccoli Stir Fry, "Fried" Rice w/Vegetables, Roasted Broccoli, Fresh Fruit	Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit
Low Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit	Pasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh Fruit	Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit	Turkey Meatballs w/Roll, Baked Tater Tots, Fresh Fruit	Grilled Cheese, Roasted Broccoli, Fresh Fruit	Cheese Sandwich on Ciabatta, Veggie Chips, Fresh Fruit
Low Fat Penne Alfredo, Roasted Seasonal Veggies, Fresh Fruit	Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit	Grilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh Fruit	Veggie Crumble Meatballs w/Tomato Sauce & Roll, Baked Tater Tots, Fresh Fruit	Cheese Pizza, Veggies & Dip, Fresh Fruit	Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit
Penne w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit	Other Selection from Cold Options:	Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit	Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit	Cheese Pizza, Veggie Chips, Fresh Fruit	Turkey Wrap, Veggie Chips, Fresh Fruit
Other Selection from Cold Options:		Other Selection from Cold Options:	Other Selection from Cold Options:	Other Selection from Cold Options:	Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit
					Santé Fe Chicken Salad Wrap, Veggie Chips, Fresh Fruit
					Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Raspberry Vinaigrette, Crackers, Fresh Fruit
					Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Grilled Chicken w/Raspberry Vinaigrette, Crackers, Fresh Fruit
					Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit
					Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit
					Greek Salad, Pita Bread, Fresh Fruit
					Roasted Butternut Squash Winter Salad w/Kale, Farro & Cranberry Dressing
					Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit
					Bagel w/Jelly, Veggies & Hummus, Fruit
					MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit
					MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit
					MYO Cheese Stackers, Veggies & Hummus, Fresh Fruit

STUDENT NAME : _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>7</p> <p>Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>8</p> <p>Turkey Tacos, Rice & Beans, Fresh Fruit</p> <p>Veggie Crumble Tacos, Rice & Beans, Fresh Fruit</p> <p>Cheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>9</p> <p>Honey Soy Glazed Chicken w/Lo Mein Noodles, Sautéed Veggies, Fresh Fruit</p> <p>Honey Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>10</p> <p>Lean Beef Burger, Roasted Sweet Peas, Fresh Fruit</p> <p>Veggie Crumble Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit</p> <p>Lean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh Fruit</p> <p>Mac & Cheese, Roasted Sweet Peas, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>11</p> <p>Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Dip, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Hummus & Roasted Veggie Sandwich, Veggie Chips, Fresh Fruit</p> <p>Grilled Chicken Sandwich, Veggie Chips, Fresh Fruit</p> <p>Turkey & Swiss Wrap, Veggie Chips, Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Tuna Salad Sandwich, Veggie Chips, Fruit</p> <p>Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit</p> <p>Classic Club Sandwich, Veggie Chips, Fresh Fruit</p> <p>Classic BLT Sandwich, Veggie Chips, Fresh Fruit</p> <p>Bistro Pasta Salad w/Chicken, Fresh Baked Roll, Fresh Fruit</p> <p>Bistro Pasta Salad, Fresh Baked Roll, Fruit</p> <p>Black & Blue Salad (w/Grilled Sirloin Strips), Crackers, Fresh Fruit</p> <p>Grilled Sirloin Strip Salad w/Fried Onions, Crackers, Fresh Fruit</p> <p>Shaved Brussel Sprouts & Parmesan Cheese Salad, Crackers, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fresh Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>

STUDENT NAME : _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>14</p> <p>Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/alla Rosa Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>15</p> <p>Cheese Lasagna, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Mexican Lasagna, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Breakfast for Lunch-- Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>16</p> <p>Ropa Vieja, Brown Rice, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Chipotle Shredded Beef Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>17</p> <p>Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit</p> <p>Breaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>18</p> <p>Chicken Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Chicken Sub Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Eggplant Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Dip, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Turkey & Swiss Sub, Veggie Chips, Fruit</p> <p>Ham & Swiss Sub Sandwich, Veggie Chips, Fresh Fruit</p> <p>Roast Beef Sandwich, Veggie Chips, Fruit</p> <p>Roast Beef & Cheddar Sandwich, Veggie Chips, Fresh Fruit</p> <p>Cheese Sandwich, Veggie Chips, Fruit</p> <p>Grilled Chicken Wrap, Veggie Chips, Fruit</p> <p>Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit</p> <p>Southwestern Grilled Chicken Salad, Tortilla Chips, Fresh Fruit</p> <p>Southwestern Salad, Tortilla Chips, Fruit</p> <p>Antipasto Salad, Roll, Fresh Fruit</p> <p>Lighter Waldorf Nut-Free Chicken Salad over a bed of Mixed Greens, Fresh Baked Roll, Fresh Fruit</p> <p>Kale & Red Quinoa Salad w/Sesame Dressing, Fresh Fruit</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>

STUDENT NAME : _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
21 Pasta Puttanesca w/Chicken, Roasted Seasonal Veggies, Fresh Fruit Pasta Puttanesca, Roasted Seasonal Veggies, Fresh Fruit Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Baked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit Other Selection from Cold Options:	22 Lean Beef & Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit Cheese & Quinoa Burrito, Black Beans, Roasted Seasonal Veggies, Fresh Fruit Cheese Tortellini w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit Cheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit Other Selection from Cold Options:	23 Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh Fruit Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection from Cold Options:	24 Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh Fruit Maple Mustard Glazed Turkey Po' Boy, Roasted Seasonal Veggies, Fresh Fruit Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit Other Selection from Cold Options:	25 Braised Chicken & Cheese Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh Fruit Cheese, Quinoa & Sautéed Veggie Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh Fruit Braised Chicken, Brown Rice, Roasted Seasonal Veggies, Fresh Fruit Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit Cheese Pizza, Veggies & Dip, Fresh Fruit Cheese Pizza, Veggie Chips, Fresh Fruit Other Selection from Cold Options:	Turkey Sandwich, Veggie Chips, Fruit Ham & Cheese Sandwich, Veggie Chips, Fresh Fruit Turmeric Chickpea Salad Sandwich, Veggie Chips, Fresh Fruit Chicken Salad Sandwich, Veggie Chips, Fruit MILD Buffalo Chicken Wrap, Veggie Chips, Fruit Grilled Chicken Wrap, Veggie Chips, Fruit Sun Butter & Grape Jelly, Veggies & Hummus, Fresh Fruit Asian Chicken & Quinoa Salad, Fresh Fruit Asian Veggie & Quinoa Salad, Fresh Fruit Autumn Spinach Salad w/ Grilled Chicken , Dried Cranberries, Gorgonzolas Cheese, Pumpkin Seeds, Crackers, Fresh Fruit Autumn Spinach Salad, Dried Cranberries, Gorgonzolas Cheese, Pumpkin Seeds, Crackers, Fresh Fruit Grilled Chicken Caesar Salad, Fresh Fruit Caesar Salad, Fresh Fruit Bagel w/Cream Cheese, Veggies & Hummus, Fruit Bagel w/Jelly, Veggies & Hummus, Fruit MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit MYO Turkey Stackers, Veggies & Hummus, Fruit MYO Cheese Stackers, Veggies & Hummus, Fruit

STUDENT NAME : _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	COLD OPTIONS FOR THE WEEK
<p>28</p> <p>Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>29</p> <p>Chimichurri Chicken w/Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Chimichurri Quinoa Cakes w/Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Chimichurri Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Pasta Primavera, Roasted Seasonal Veggies, Fruit</p> <p>Pasta w/Olive Oil, Roasted Seasonal Veggies, Fruit</p> <p>Other Selection from Cold Options:</p>	<p>30</p> <p>Philly Cheesesteak, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Sesame Ginger Beef & Long Bean Stir Fry, Lo Mein Noodles, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>31</p> <p>Mojo Grilled Chicken w/Black Bean Salsa, Roasted Seasonal Veggies, Brown Rice, Fresh Fruit</p> <p>Jerk Chicken Sandwich, Plantain Chips, Fresh Fruit</p> <p>Mac & Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>1</p> <p>Mexican Carne Asada w/Pico de Gallo, Spanish Rice, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Grilled Cheese, Roasted Seasonal Veggies, Fresh Fruit</p> <p>Cheese Pizza, Veggie Chips, Fresh Fruit</p> <p>Cheese Pizza, Veggies & Dip, Fresh Fruit</p> <p>Other Selection from Cold Options:</p>	<p>Turkey Sandwich, Veggie Chips, Fresh Fruit</p> <p>Italian Sandwich on Ciabatta, Veggie Chips, Fresh Fruit</p> <p>Cheese Sandwich on Ciabatta, Veggie Chips, Fresh Fruit</p> <p>Sun Butter & Grape Jelly Sandwich, Veggies & Hummus, Fresh Fruit</p> <p>Turkey Wrap, Veggie Chips, Fresh Fruit</p> <p>Turkey & Provolone Wrap, Veggie Chips, Fresh Fruit</p> <p>Santé Fe Chicken Salad Wrap, Veggie Chips, Fresh Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Raspberry Vinaigrette, Crackers, Fresh Fruit</p> <p>Dried Cranberries, Pumpkin Seeds, Goat Cheese Salad w/Grilled Chicken w/Raspberry Vinaigrette, Crackers, Fresh Fruit</p> <p>Lean Beef Taco Salad w/Chunky Tomato Dressing, Tortilla Chips, Fresh Fruit</p> <p>Greek Salad w/Grilled Chicken, Pita Bread, Fresh Fruit</p> <p>Greek Salad, Pita Bread, Fresh Fruit</p> <p>Roasted Butternut Squash Winter Salad w/Kale, Farro & Cranberry Dressing</p> <p>Bagel w/Cream Cheese, Veggies & Hummus, Fruit</p> <p>Bagel w/Jelly, Veggies & Hummus, Fruit</p> <p>MYO Turkey & Cheese Stackers, Veggies & Hummus, Fresh Fruit</p> <p>MYO Turkey Stackers, Veggies & Hummus, Fruit</p> <p>MYO Cheese Stackers, Veggies & Hummus, Fruit</p>

STUDENT NAME : _____