



Panther Café

October 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Early Release Pizza	2
3	4 Spaghetti with Meatballs & Roll	5 Chicken Nuggets with Mac and Cheese and Fruit Cup	6 Breakfast Pancakes, Sausage & Hash Browns	7 Soft Beef Tacos with Yellow Rice and Beans	8 Pizza	9
10	11 NO SCHOOL	12 Philly Cheesesteak with Chips	13 Cheese Ravioli with Tomato Sauce, Roll & Carrots	14 Chicken Teriyaki with Vegetable Spring Roll & Broccoli	15 Pizza	16
17	18 Grilled Cheese with Tomato Soup & Sliced Apples	19 Buttered Noodles with Garlic Breadstick and Veggie	20 Early Release Meatball Calzone with Chips	21 Crispy Boneless Chicken Wings with Fries	22 Pizza	23
24	25 Popcorn Chicken with Tater Tots & Fruit Cup	26 Beefaroni with Breadstick and Carrots	27 Chicken Quesadilla with Chips & Salsa	28 Meatloaf with Gravy Mashed Potatoes & Green Beans	29 Pizza	30
31						

A La Carte

Entrée Salads:

Caesar Salad, Garden Salad \$4.50
Chicken Caesar Salad, Tuna Salad \$5.00

Pizza Days:

Cheese Slice \$3.00
Cheese Slice with chips and drink \$4.75
Pepperoni Slice \$3.25
Pepperoni Slice with chips and drink \$5.00

Sandwiches:

Turkey sandwich \$4.50
Turkey sandwich with chips and drink \$5.00
Chicken Caesar wrap \$4.25
Chicken Caesar wrap with chips and drink \$5.50

Snacks: \$1.00

Assorted chips Choc. Chip Cookie Jell-O cups
Nutri-Grain bar Rice Krispies Treat
Plain bagel with cream cheese or butter \$ 2.75

Drinks: \$1.00

Water
White milk
Chocolate milk
Orange juice
Apple juice

Hot Meal of the Day:

Preschool: \$4.50 with Drink \$4.75
K-8: \$5.50 with Drink \$5.75