

## **MAY 2024**

PAL Charter Academy

## May 1 - May 31

## Friday Monday **Tuesday** Wednesday **Thursday** (V) (DF) Available (V) (DF) Available Penne Pasta w/ Chicken BBQ Chicken Quesadilla, Corn Marinara & Garlic Bread on the Cob & Mashed Potatoes OR Peanut Butter & Jam OR Peanut Butter & Jam Sandwich w/ String Cheese & Sandwich w/ String Cheese Crackers Fresh Fruit Fresh Fruit Fruit Juice Fruit Juice (V) (DF) Available (V) (DF) Available (V) (DF) Available Bean, Rice, & Cheese Turkey & Cheese Croissant w/ Grilled Chicken Caesar Pastrami & Cheese Sandwich Nachos w/ cabbage Salad w/ Garlic Pita Bread Veggie Crisps & Applesauce OR Turkey & Cheese Sandwich **OR Turkey PALables OR Turkey PALables** OR Garden Salad w/ w/ Orange Wedges Garlic Pita Bread Fresh Fruit Fresh Fruit Fruit Juice Fresh Fruit Fruit Juice Fruit Juice Organic Low Fat Milk Fruit Juice (V) (DF) Available (DF) Available (V) (DF) Available (V) (DF) Available Teriyaki Chicken & Fried Rice w/ Chicken Soft Tacos Chicken Nuggets, Mashed Italian Pasta Salad Vegetables Potatoes. Roll (V) Pinto Beans & Rice OR Peanut Butter & Jam Sandwich OR Uncrustables w/ String OR Turkey PALables w/ OR Uncrustables w/ String w/ String Cheese Cheese Cheese String Cheese & Crackers Fresh Fruit Fresh Fruit Fresh Fruit Fresh Fruit Fruit Juice Fruit Juice Fruit Juice Organic Low Fat Milk Organic Low Fat Milk Fruit Juice Organic Low Fat Milk (V) (DF) Available (V) (DF) Available (V) Available (DF) Available 24 Southern Chicken Salad w/ Cheeseburger on Wheat Bun w/ (DF)Chicken & Waffles w/ Diced (V) Bean, Rice & Cheese Crackers Peaches Carrot Sticks & Ranch OR Nachos w/ cabbage OR Turkey PALables w/ String Cheese Turkey PALables w/ String OR Turkey PALables w/ OR Turkey PALables w/ Cheese Fresh Fruit String Cheese String Cheese Fruit Juice Fresh Fruit Fresh Fruit Fresh Fruit Fruit Juice Fruit Juice Organic Low Fat Milk Fruit Juice (V) (DF) Available (V) (DF) Available (V) (DF) Available Lemon Pepper Wings w/ Roasted Turkey Sandwich w/ Cheese Beef Pepperoni Pizza OR Peanut Butter & Jam Sandwich Potatoes & Naan Bread OR Veggie Pizza w/ String Cheese and Fruit Cup OR Uncrustables w/ String Cheese w/ Peach Slices Fresh Fruit Fresh Fruit Fruit Juice Fruit Juice Fruit Juice Organic Low Fat Milk Organic Low Fat Milk Organic Low Fat Milk

This Institution is an equal opportunity provider.

All grains offered are Whole Grain Rich

(V)- Vegetarian (DF) - Dairy Free

Choice of Organic Low Fat Milk or Soy Milk is offered daily

Menu items are subject to change based on product availability