

MAY 2025

PAL Charter Middle School

May 1 - May 30

Monday

Chorizo Potato Tacos w/
Spanish Rice & Green
Salad
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative

BBQ Chicken Sandwich w/ Fruit
Cup
Fresh Fruit
Fruit Juice
(V) Meatless Chik'n Nuggets w/
Side Salad
Organic Low Fat Milk
Soy/Nut Milk Alternative

Bean, Rice & Cheese Burrito >
Fresh Fruit
Fruit Juice
Organic Low Fat Milk
Soy/Nut Milk Alternative



Tuesday



Chicken Tenders & Buttermilk
Waffles
Fresh Fruit
Fruit Juice
(V) (DF) Options Available
Organic Low Fat Milk
Soy/Nut Milk Alternative

Bacon Cheddar Tater Tots OR Chicken Cheddar Tater Tots Fresh Fruit Fruit Juice (V) Chik'n Cheddar Tater Tots (DF) Options Available Organic Low fat Milk Soy/Nut Milk Alternative

Turkey Club Croissant Sandwick Fruit Salad Fruit Juice (V) Garden Salad w/ Toasted Croissant Organic Low Fat Milk

Soy/Nut Milk Alternative

Chicken Sandwich w/ Applesauce
Fresh Fruit
Fruit Juice
(V) Power Up! Meatless Chik'n Caesar
Salad
(DF) Options Available
Organic Low Fat Milk

Soy/Nut Milk Alternative

Wednesday



Pepperoni OR Cheese Pizza Fruit Salad Fruit Juice (V) Meatless Chik'n Cuban Sandwich Organic Low Fat Milk Soy/Nut Milk Alternative

Chicken Nuggets w/ Garlic Parm Mashed Potatoes & Naan Bread Fresh Fruit Fruit Juice (V) Meatless Chicken Nuggets w/ Potatoes

Organic Low fat Milk

Soy/Nut Milk Alternative
Cheeseburger on Wheat Bun
w/ Potato Wedges
Fresh Fruit
Fruit Juice

(V) (DF) Options Available Organic Low Fat Milk Soy/Nut Milk Alternative

onions, and black beans
Fresh Fruit
Fruit Juice
(V) Meatless Chik'n Paella
Organic Low Fat Milk
Soy/Nut Milk Alternative

Chicken Paella w/ peppers

Thursday

Grilled Pastrami & Cheese Sandwich w/ Veggie Crisps OR (V) Meatless BBQ Pork Grilled Cheese Fruit Salad Fruit Juice Organic Low Fat Milk Soy/Nut Milk Alternative

Salisbury Steak w/ Onions, Mashed
Potatoes, Collard Greens &
Cornbread
Fresh Fruit
Fruit Juice
Chicken Nuggels, Mashed Potatoes,
Collard greens & Combread
Organic Low Fat Milk
Soy/Nut Milk Alternative

Spicy Chicken Sandwich w/5 lettuce, tomato & Baby Carrots Fresh Fruit Fruit Juice (V) (DF) Options Available

Organic Low Fat Milk Soy/Nut Milk Alternative

Sticky Beef Meatballs, carrots & onions w/ Jasmine Rice Fresh Fruit Fruit Juice

(V) Meatless Sticky Beef & Veggies w/ Rice Organic Low Fat Milk Soy/Nut Milk Alternative

Grilled Chicken Quesadilla W. Fruit Salad
OR (V) Meatless BBQ Pork Grilled
Cheese
Fruit Salad

Fruit Juice Organic Low Fat Milk Soy/Nut Milk Alternative Friday





9







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