November 2020

Penn Christian Academy

LUNCH

Let us find something to be thankful for today!

Nutrition Tip: Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals.

Reference: Eat Right

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pepperoni Pizza	3 Chicken Chili and Corn Bread	4 Chef Salad	5 Chicken and Vegetable Stir Fry w/ Rice	6 Shepherd's Pie
9 ***School Closed***	10 ***School Closed***	11 ***School Closed***	12 Chicken & Cheese Enchilada w/ Rice	13 Pasta with Meat Sauce
16 Cheese Pizza	17 BBQ Chicken on the Bone w/ Corn Bread	18 Chicken Nuggets	19 Scrambled Eggs w/ Bacon, Hash Browns, Muffin	20 Grilled Cheese w/ Tomato Soup
23 BBQ Pulled Pork Flatbread	24 **Thanksgiving Dinner** Turkey, Mashed Potatoes Gravy, Veggies, Rolls	25 ***School Closed***	26 ***School Closed***	27 ***School Closed***
30 ***School Closed***				