

# OCTOBER 2021

## Penn Christian Academy

### LUNCH



**School Information:** We love our volunteers!  
Contact  
sabrnamyers@pennchristianacademy.org for  
more information!



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Nachos w/Meat & Cheese  
BBQ Pulled Pork on roll  
PB & J **1**

BBQ Chicken Wrap  
Ham & Cheese Sandwich  
PB & J **4**

Taco Bowl over Rice  
Ham & Cheese Sandwich  
PB & J **5**

Fish w/Mac & Cheese  
Ham & Cheese Sandwich  
PB & J **6**

French Toast Casserole  
Ham & Cheese Sandwich  
PB & J **7**

**NO SCHOOL** **8**

Chicken Bacon Ranch Wrap  
Hot Dog  
PB & J **11**

Walking Tacos  
Hot Dog  
PB & J **12**

Sloppy Joes  
Hot Dog  
PB & J **13**

**NO SCHOOL** **14**

**NO SCHOOL** **15**

Pepperoni & Sausage  
Flatbread Pizza  
Hamburger  
PB & J **18**

Fajita Chicken Flatbread  
Hamburger  
PB & J **19**

Pasta w/Meat Sauce  
Hamburger  
PB & J **20**

Chicken & Gravy over Rice  
Hamburger  
PB & J **21**

Turkey Bacon Cheese Sub  
Hamburger  
PB & J **22**

Chicken Stir Fry  
Chicken Patty  
PB & J **25**

Lasagna  
Chicken Patty  
PB & J **26**

Hot Dog  
Chicken Patty  
PB & J **27**

Meatloaf, Mashed  
Potatoes & Gravy  
Chicken Patty  
PB & J **28**

Taco Quesadilla  
Chicken Patty  
PB & J **29**