



# Panther Café

## September 2022

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Salisbury Steak with Mashed Potatoes & Veggie	2 <b>Early Release</b> Pizza Friday	3
4	5 <b>NO SCHOOL</b>	6 Cheese Ravioli with Breadstick & Carrots	7 Chicken Teriyaki with Rice & Vegetable Spring Roll	8 Sloppy Joes with Baked Beans & Applesauce	9 Pizza Friday	10
11	12 Chicken Quesadilla with Tortilla Chips & Salsa	13 Pulled Pork with Mac & Cheese & Fruit Cup	14 <b>Early Release</b> BBQ Chicken Sandwich with Chips	15 Baked Ziti with Roll & Veggie Medley	16 Pizza Friday	17
18	19 Philly Cheesesteak with Tater Tots	20 Soft Beef Taco with Yellow Rice & Beans	21 Grilled Cheese with Tomato Soup & Sliced Apples	22 Baked Chicken Alfredo with Breadstick & Broccoli	23 Pizza Friday	24
25	26 Meatball Sub with Chips	27 Mac & Cheese with Corn & Sliced Apples	28 Hot Turkey with Scalloped Potatoes & Green Beans	29 Breakfast Pancakes with Hash Brown & Bacon	30 Pizza Friday	

### A La Carte

#### Entrée Salads:

Caesar Salad, Garden Salad \$5.25  
Chicken Caesar Salad, Tuna Salad \$5.85

#### 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 \$4.75  
Turkey sandwich with chips and drink \$5.50  
Chicken Caesar wrap \$5.00  
Chicken Caesar wrap with chips and drink \$5.75

#### Snacks: \$1.00 - \$1.50

Assorted chips    Choc. Chip Cookie    Yogurt  
Nutri-Grain bar    Rice Krispies Treat    String Cheese  
Plain bagel with cream cheese or butter \$ 2.95

#### Drinks: \$1.00

Water  
White milk  
Chocolate milk  
Orange juice  
Apple juice

#### Hot Meal of the Day:

Preschool: \$4.75 with drink \$5.00  
K-8: \$5.50 with drink \$6.75

#### Monthly Option A La Carte

Chicken Nuggets \$3.50  
French Fries \$2.00

#### Friday's A La Carte

Hot dog \$3.50