High Sch	ool Lunch	October	Param	ount Unified School District
Monday	ool Lunch Tuesday	Wednesday 🥯	Thursday	Friday
	Beef Taco Spanish Rice Refried Beans	Chicken Alfredo Parmesan Chicken Pasta Garlic Knot	BYO Hot Dog Fries Mac & Cheese Baked Beans	Pupusa Spanish Rice Refried Beans
Al Pastor Tacos Spanish Rice Refried Beans  AHOY SCHOOL LUNCH PIRATES	Walking Taco Spanish Rice Refried Beans	Domino's Pizza Spaghetti Wings Mozzarella Cheese Sticks	BYO Burger Chips Fries Coleslaw	Orange Chicken OR Teriyaki Chicken Fried Rice Chicken Dumplings
What Is NSLW? Learning is tough work—and kids need fuel if they're going to learn! That's why a healthy midday meal is crucial to the growing children who go to school. Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom.				
14 SCHOOL LUNCH PRATES  FIND YOUR TREASUREL	Beef Taco Spanish Rice Refried Beans	Domino's Pizza Spaghetti Wings Mozzarella Cheese Sticks	Chicken Tamale Spanish Rice Refried Beans	Chicken N' Waffles Berry Compote Scrambled Eggs Roasted Red Potatoes
Lasagna Garlic Knot Roasted Vegetables Caesar Salad	Nachos Spanish Rice Refried Beans	23  Domino's Pizza Spaghetti Wings Mozzarella Cheese Sticks	Roasted Chicken Dinner Roll Mashed Potatoes Mixed Vegetables	25  Carne Asada Taco Spanish Rice Refried Beans
Chicken Alfredo Parmesan Chicken Pasta Garlic Knot	Beef Taco Spanish Rice Refried Beans	BYO Hot Dog Fries Mac & Cheese Baked Beans	31 HAPPY HALLOWEEN	Halleween.
Menu Subject to Change	Offered Daily: Choice of One Entrée, Seasonal Salad Bar, 100% Fruit Juice, 1% White Milk, Non-Fat Strawberry, and Non- Fat Chocolate Milk.			

## Lunch served daily for all PUSD students.