



# PYTHAGORAS ACADEMY

## LUNCH MENU

**October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			<b>Teriyaki Chicken w/ Rice</b> Chicken thigh, Salt & Seasoning, Teriyaki Sauce (Soy Sauce, Lemon, Sugar, Onion)	<b>TW Style Minced Pork w /Rice</b> Minced pork, Onion, Vegetables, Rice
5	6	7	8	9
<b>Beef Fried Noodles</b> Egg Noodle, Beef, Vegetables, Soy Sauce & Seasoning	<b>Thai Chicken Fried Rice</b> Diced Chicken, Rice, Pineapple, Peas, Green beans, Corn, Thai sweet & sour sauce, Vegetables, Fried Rice	<b>Spaghetti with Meat Sauce</b> Minced Pork, Spaghetti, Tomato, Tomato Paste, Herb & Spice for seasoning, Vegetables	<b>Curry Chicken w/ Rice</b> Chicken Breast, Japanese Curry(mild), Cream Salt & Seasoning Green & Red Peppers, Potato, Vegetables, Rice	<b>Korean Beef Bibimbap w/ Rice</b> Minced Beef, Korean BBQ Sauce, Corn, Mixed Vegetables, Rice
12	13	14	15	16
<b>Thanksgiving Day</b>	<b>Braised Chicken Boneless w/ Mashed Potato</b> Chicken thigh, Bell Peppers, Mixed Vegetables, Potato	<b>Sweet &amp; Sour Meatballs w/ Rice</b> Beef Meatball, Black Vinegar, Soy Sauce, Sugar, Vegetables, Rice	<b>Grilled Chicken Leg Served w/ Butter Corn &amp; Veggies</b> Chicken Leg, Butter Corn, Carrots, Broccoli, Zucchini	<b>Mushroom &amp; Bacon Pasta</b> Pasta, Mushroom, Bacon, Cream, Flour, Mixed Vegetables
19	20	21	22	23
<b>Chicken Tender &amp; Salad w/ Fries</b> Chicken Tenders, Garden Salad, Salad Dressing, Fries	<b>Stir Fried Corn &amp; Pork w/ Rice</b> Corn, Pork, Salt & Seasoning, Soy Sauce, Vegetables, Rice	<b>Butter Chicken w/ Rice</b> Chicken Breast, Indian Butter Sauce, Curry(mild), Cream, Salt & Seasoning, Green & Red Peppers, Tomato, Vegetables, Rice	<b>Teriyaki Beef w/ Noodle</b> Ground Beef, Salt & Seasoning, Teriyaki Sauce (Soy Sauce, Lemon, Sugar, Onion), Vegetables, Noodle	<b>PRO-D DAY</b>
26	27	28	29	30
<b>Chicken Sausage with Mac &amp; Cheese</b> Chicken Sausage, Macaroni, Cheddar Cheese, Cream, Salt, Vegetables	<b>Fried Noodle with Chicken</b> Egg Noodle, Chicken, Vegetables, Soy Sauce & Seasoning	<b>Fish Filet in Tomato Sauce w/ Rice</b> Fish Filet, Tomato, Tomato paste, Sugar, Vinegar, Onion, Vegetables, Rice	<b>Sweet &amp; Sour Chicken w/ Rice</b> Chicken Thighs, Black Vinegar, Soy Sauce, Sugar, Pineapple, Vegetables, Rice	<b>Italian Meatballs w/ Mashed Potato</b> Beef Meatball, Tomato Sauce, Variety Vegetables, Potato

**\*This menu is subject to change**



# PYTHAGORAS ACADEMY

## SNACK MENU

**October 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Blueberry Scone and Assorted Activia Yogurt</i>	2 <i>Fresh Fruits and Raspberry Muffin</i>
5 <i>Fresh Vegetables and Oatmeal Raisin Cookie</i>	6 <i>Fresh Fruits and Plain Croissant</i>	7 <i>Pizza Bagel with Ham Apple Squeeze</i>	8 <i>Fresh Fruits and Vanilla Cookie</i>	9 <i>Raisin Bran Muffin and Assorted Nano Yogurt</i>
12 <b>Thanksgiving Day</b>	13 <i>Berry-Berry Muffin Apple Squeeze</i>	14 <i>Fresh Fruits and Cheese Scone</i>	15 <i>Raisin Cinnamon Bagel and Assorted D'Active Yogurt</i>	16 <i>Fresh Vegetables and Cranberry Orange Scone</i>
19 <i>Fresh Fruits and Oatmeal Choco Chip Cookie</i>	20 <i>Fresh Vegetables and Pizza Bagel Cheese</i>	21 <i>Apple Oat Muffin and Assorted Nano Yogurt</i>	22 <i>Ham &amp; Cheese Croissant</i>	23 <b>PRO-D DAY</b>
26 <i>Fresh Fruits and Cheese Croissant</i>	27 <i>Blueberry Scone and Assorted Activia Yogurt</i>	28 <i>Fresh Vegetables and Oatmeal Raisin Cookie</i>	29 <i>Raisin Bran Muffin Apple Squeeze</i>	30 <i>Fresh Fruits and Sinnamon Roll Danish</i>

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