

OCTOBER 2023

PACIFIC HERITAGE ACADEMY

MON

TUE

WED

THU

FRI

2
BREAKFAST WAFFLE
DRUMSTICK
DAILY FRUIT &
VEGGIE BAR

3
BREAKFAST PIZZA
CHICKEN NUGGETS
DAILY FRUIT &
VEGGIE BAR

4
CINNAMON ROLLS
POPCORN CHICKEN
DINNER ROLL
MASHED POTATOES
DAILY FRUIT &
VEGGIE BAR

5
BAGEL/CREAM
CHEESE
HAMBURGER
DAILY FRUIT &
VEGGIE BAR

6
NO SCHOOL

9
NO SCHOOL

10
NO SCHOOL

11
NO SCHOOL

12
NO SCHOOL

13
NO SCHOOL

16
NO SCHOOL

17
NO SCHOOL

18
NO SCHOOL

19
NO SCHOOL

20
NO SCHOOL

23
NO SCHOOL

24
BREAKFAST BURRITO
SOFT BEEF TACO
BLACK BEANS
DAILY FRUIT &
VEGGIE BAR

25
CEREAL BAR
CORNDOG
GRANOLA BAR
DAILY FRUIT &
VEGGIE BAR

26
MINI FRENCH TOAST
CRISPITOS
RICE
DAILY FRUIT &
VEGGIE BAR

27
BREAKFAST PIZZA
GRILLED CHEESE
DINNER ROLL
DAILY FRUIT &
VEGGIE BAR

30
BLUE BERRY MUFFIN
ORANGE CHICKEN
RICE
DAILY FRUIT &
VEGGIE BAR

HALLOWEEN DAY 31
BANANA BREAD
PB&J SANDWICH
BABY CARROTS
DAILY FRUIT &
VEGGIE BAR

