

# May 2021

## Penn Christian Academy

### LUNCH



**HAVE A GREAT SUMMER!**



**Fitness Tip:** MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.

### Monday

Fajita Chicken &  
Cheese Flatbread

3

### Tuesday

Ham & Cheese Wrap

4

### Wednesday

Taco Salad

5

### Thursday

Pulled Pork Nachos

6

### Friday

Pasta w/ Meat Sauce

7

Pepperoni Pizza

10

Deli Sub

11

Chicken Stir Fry  
w/ Vegetables

12

French Toast Casserole

13

Taco Quesadilla

14

Crazy Pasta Day!

17

Chicken Broccoli Alfredo OR  
Pasta w/ Meat Sauce OR  
Lasagna

Turkey Bacon Cheddar  
Sub

18

BBQ Pulled Pork Flatbread

19

Grilled Chicken Salad  
OR  
Taco Salad

20

Chicken & Gravy over  
Rice

21

BBQ Chicken on the Bone  
w/ Cornbread

24

Turkey Gravy Mashed  
Potato Dinner

25

Hot Dog on a Bun

26

Grilled Cheese  
w/ Tomato Soup

27

Field Day!

28

Ham & Cheese Sandwich  
OR  
PB & J Uncrustable

NO SCHOOL

31

