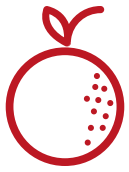


PARK SCHOOL



FALL/WINTER MENU SY22-23



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

BREAKFAST

BAGEL
W/CREAM
CHEESE

WHOLE
GRAIN
CRACKERS
W/CHEESE

COLD
CEREAL
CUP

YOGURT &
GRANOLA

FRUIT/
YOGURT
SMOOTHIE
& CHEESE
CRACKERS

WEEK A

MINI
CALZONES

BEEF
TACOS

CHICKEN
SHAWARMA
BOWL

PASTA
BAKE

CRISPY
CHICKEN
SANDWICH

WEEK B

GRILLED
CHEESE &
TOMATO
SOUP

ORANGE
CHICKEN

CLASSIC
BURGER
(CHEESE
OPTIONAL)

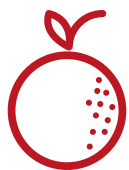
CHICKEN PANCAKES
TATOR W/CHICKEN
BOWL SAUSAGE

CALENDAR

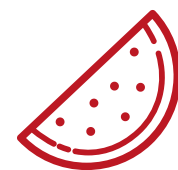
AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER				
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F
					B				1 2	A	3	4	X	6 7	A		1 /	3 4	B				1 2	
					A	X	6	7	8 9	B	10	11	X	13 14	B	7	X	9	10 11	A	5	6	/	8 9
					B	12	13	14	15 16	A	17	18	19	20 X	A	14	15	16	17 18	B	12	13	14	15 16
A			24	25 26	A	19	20	21	22 23	B	24	25	26	27 28		X	X	X	X X	A	19	20	21	22 23
B	29	30	31		B	X	27	28	29 30	A	31				B	28	29	30			X	X	X	X X

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ESCUELA PARK



OTOÑO / INVIERNO MENÚ AÑO ESCOLAR 22-23



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

DESAYUNO

BAGEL
CON
QUESO
CREMA

GALLETAS
INTEGRALES
CON QUESO

TAZA DE
CEREAL
FRÍO

YOGURT
&
GRANOLA

FRUTA/
BATIDO DE
YOGURT
& GALLETAS
DE QUESO

SEMANA A

MINI
CALZONES

TACOS CON
CARNE
DE RES

TAZÓN
CON
SHAWARMA

PASTA
AL
HORNO

EMPAREDADO
DE POLLO
QUESO

SEMANA B

ASADO
& SOPA
DE TOMATE

POLLO
A LA
NARANJA

DE POLLO
HAMBURGUESA
CLÁSICA
(QUESO
OPCIONAL)

TAZÓN CON
TROCITOS
CON
SALCHICHA
DE POLLO

PANCAKES
CON
SALCHICHA
DE POLLO

CALENDARIO

AUGUST					SEPTEMBER					OCTOBER					NOVEMBER					DECEMBER									
M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F	M	T	W	TH	F					
					B				1	2	A	3	4	X	6	7	A		1	/	3	4	B				1	2	
					A	X	6	7	8	9	B	10	11	X	13	14	B	7	X	9	10	11	A	5	6	/	8	9	
					B	12	13	14	15	16	A	17	18	19	20	X	A	14	15	16	17	18	B	12	13	14	15	16	
A			24	25	26	A	19	20	21	22	23	B	24	25	26	27	28		X	X	X	X	X	A	19	20	21	22	23
B	29	30	31		B	X	27	28	29	30	A	31					B	28	29	30				X	X	X	X	X	