

OCTOBER MENU



MILK: 1% White and Chocolate Skim are served with Breakfast and Lunch. Lactose free milk is available upon written request.

FRUIT & VEGGIES: Fresh Fruit and Vegetables are served daily for all students.

SALAD BAR: Chef Salad as a Meal Option is served daily in the High School.

H.S. : Designates a Second Entree Choice is served in addition to the main entree in the High School or a High School only item.

ELEMENTARY: Second choice of Sunbutter sandwich and a cheese stick is offered daily.

Menu is subject to change without notice. This institution is an equal opportunity provider.

October 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Breakfast				Fruit Smoothie, Goldfish Crackers, Craisins	Long John. Fruit, Juice
Lunch				Chicken Quesadilla, Black beans	Pepperoni Pizza Boat or Garlic Cheese Boat with Marinara Sauce
	5	6	7	8	9
Breakfast	Cereal or Pop Tart, Cheese Stick, Fruit, Craisins	Cheesy Omelet, Toast, or Breakfast round, Fruit Craisins	Chocolate Chunk Bar, Fruit, Juice	Campfire S'More Bar, Yogurt, Fruit, Craisins	Cinnamon Rolls, Fruit, Juice
Lunch	Chicken Patty on a Bun, Smile Fries HS Parmesean Chicken or Chicken Patty on a Bun, Seasoned Fries	Taco in a Bag	Sub Sandwich, Asst Chips	Beef Stroganoff, Dinner Roll	Big Daddy's Pizza
	12	13	14	15	16
Breakfast	Breakfast Bread, Fruit, Juice	Waffle Snaps, Fruit, Craisins	Long John, Fruit, Juice		
Lunch	Chicken Strips & Waffles	Pasta & Meat Sauce, Breadsticks	Hot Dog on a Bun, Baked Beans HS: Pork & Rice Bowl	MEA No School	MEA No School
	19	20	21	22	23
Breakfast		Freshly Baked Blueberry Muffin Top, Sausage Patty, Fruit Juice	Homemade Cheesy Egg Bake, Toast or Breakfast Round, Fruit, Craisins	Chocolate Chunk Bar, Fruit, Juice	Long John, Fruit, Craisins
Lunch	Staff Development No School	Freshly Baked Blueberry Muffin Top, Sausage Patty, Fruit Juice	-Chicken Smash Bowl- Popcorn chicken, Mashed Potatoes, Gravy, Corn, Garlic Breadstick	Tater Tot Hot Dish, Green Beans, Breadstick HS: Lasagna Roll, Steamed Broccoli, Breadstick	Pepperoni & Cheese filled Breadstick with Marinara Sauce
	26	27	28	29	30
Breakfast	Breakfast Bread, Fruit, Juice	Maple Breakfast Sandwich or Breakfast Round, Fruit, Juice	Cereal or Pop Tart, Cheese Stick, Fruit, Craisins	Cheesy Omelet, Toast or Waffle Snaps, Fruit, Craisins	Spider-web Dutch waffle, Fruity Tootie Apples, Dragon Punch
Lunch	Cheeseburger on a Bun, Smile Fries HS: Cheeseburger on a Bun, Seasoned Fries	Super Nachos, Corn, Black Beans	Turkey Club on a Pretzel Bun, Variety Chips HS: Turkey Club on a Pretzel Bun or Croissant, Variety Chips	-Breakfast for Lunch- French Toast Sticks, Sausage Links, Yogurt HS: French Toast Sticks, Sausage Links, Yogurt or Sausage, Biscuit & Gravy, Yogurt	Taco Pizza, Jiggly Jello With Fruit Taco Pizza with all your favorite Taco Toppings