

## LUNCH - October 2026

All meals include skim (white) or low-fat chocolate milk and veggie bar

All grain items are whole-grain (WG) rich ( $\geq 51\%$  whole grain)

Student - \$3.30 Adult - \$4.20

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

| Oct 5                                                                                                               | Oct 6                                                                                                               | Oct 7                                                                                                       | Oct 8                                                                                                             | Oct 9                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Orange Chicken<br>Brown Rice<br>Mixed Veggies<br>Pineapple<br>Salad/Veggie Bar                                      | Cheese & Bean Tostata<br>OR<br>Beef & Bean Burrito<br>Corn, Tortilla Chips<br>Fresh Fruit<br>Taco Topping Bar       | Baked Potato Bar<br>OR<br>Mac & cheese Bar<br>Cornbread, Broccoli<br>Fruit Cocktail<br>Fresh Veggie Bar     | Chicken Patty/Bun<br>OR<br>Italian Beef/bun<br>Baked Beans<br>Apple Slices<br>Salad/Veggie Bar                    | Mozzarella Dippers<br>OR<br>Lasagna Rollup<br>Peas<br>Peaches<br>Salad/Veggie Bar                              |
| Oct 12                                                                                                              | Oct 13                                                                                                              | Oct 14                                                                                                      | Oct 15                                                                                                            | Oct 16                                                                                                         |
| Corn Dog<br>OR<br>Cheese Pizza<br>French Fries<br>Sidekick<br>Salad/Veggie Bar                                      | Walking Taco<br>Beef or Chicken<br>Corn, Black Beans<br>Churro mini donuts<br>Pears<br>Taco Topping Bar             | Beef Gyro<br>OR<br>Pizza Burger<br>Broccoli, Fruit Cocktail<br>Frozen Banana on a stick<br>Salad/Veggie Bar | Hot Dog/bun<br>OR<br>Popcorn Chicken<br>Dill Pickle, Baked Beans<br>Cream Puffs<br>Pineapple<br>Salad/Veggie Bar  | Funnel Cake w/strawberries<br>Fresh Cheese curds<br>Apple slices w/caramel<br>Dragon Punch<br>Salad/Veggie Bar |
| NATIONAL SCHOOL LUNCH WEEK!!!                                                                                       |                                                                                                                     |                                                                                                             |                                                                                                                   |                                                                                                                |
| Oct 19                                                                                                              | Oct 20                                                                                                              | Oct 21                                                                                                      | Oct 22                                                                                                            | Oct 23                                                                                                         |
| Cheesy Bacon<br>Chicken Wrap<br>OR<br>Chicken Salad on<br>Croissant<br>Green Beans<br>Pineapple<br>Salad/Veggie Bar | Soft Taco<br>Beef or Chicken<br>Corn, Refried Beans<br>Tortilla chips<br>Peaches<br>Taco Topping Bar                | Grilled Cheese<br>Tomato Soup<br>Goldfish crackers<br>Fruit Cocktail<br>Salad/Veggie Bar"                   | Italian Ham Sub<br>OR<br>Rib-E-Q on bun<br>Potato Wedges<br>Applesauce<br>Salad/Veggie Bar                        | Baked Salmon<br>OR<br>Cheese Quesadilla<br>Brown Rice<br>Mixed Veggies<br>Mandarin Oranges<br>Salad/Veggie Bar |
| Oct 26                                                                                                              | Oct 27                                                                                                              | Oct 28                                                                                                      | Oct 29                                                                                                            | Oct 30                                                                                                         |
| French Toast Sticks<br>OR<br>Cheese Omelet<br>Tater Tots, Granola Bar<br>Mixed Berries, Yogurt<br>Sa;ad/Veggie Bar  | Taco Pizza<br>OR<br>Chicken Cheese Quesadilla<br>Corn, Refried Beans<br>Tortilla Chips<br>Pears<br>Taco Topping Bar | UnCrustable<br>OR<br>Ham & Cheese/bun<br>Chicken Noodle Soup<br>WG chips<br>Pineapple<br>Salad/Veggie Bar   | Pasta w/ choice of<br>Meat Sauce or<br>Seafood Alfredo<br>Broccoli, Dinner Roll<br>Applesauce<br>Salad/Veggie Bar | NO SCHOOL                                                                                                      |
| Nov 2                                                                                                               | Nov 3                                                                                                               | Nov 4                                                                                                       | Nov 5                                                                                                             | Nov 6                                                                                                          |
| Teriyaki Chicken<br>OR<br>Beef & Broccoli<br>Brown Rice<br>Mixed Veggies<br>Mandarin Oranges<br>Salad/Veggie Bar    | Walking Taco<br>Pork carnitas or Chicken<br>Corn, Refried Beans<br>Peaches<br>Taco Topping Bar                      | Baked Potato Bar<br>OR<br>Mac & cheese Bar<br>Cornbread, Broccoli<br>Fruit Cocktail<br>Salad/Veggie Bar     | Meatballs & Gravy<br>OR<br>Chicken Cacciatore<br>Noodles, Dinner Roll<br>Green Beans<br>Pears<br>Salad/Veggie Bar | Mozzarella Dippers<br>OR<br>Fish Sandwich<br>Carrots<br>Apple Slices<br>Salad/Veggie Bar                       |