

LUNCH

OCTOBER 2025

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Sep 29	Sep 30	Oct 1	Oct 2	Oct 3
Chicken Lo Mein OR Beef Lo Mein Stir-fry veg. Pineapple Salad/veggie bar	Taco Salad (edible bowl) OR Beef Soft Taco Corn, Black Beans Tort. Chips & salsa Peaches Taco topping bar	½ ham/ch sand. OR ½ turkey/ch sand. Broccoli Cheese Soup WG chips Apple Slices Salad/veggie bar	Flatbread Pizza Kit (flatbread, pepperoni, shr. Mozz., marinara sauce) Veggies & Hummus Mixed Fruit Salad/veggie bar	NO SCHOOL
Oct 6	Oct 7	Oct 8	Oct 9	Oct 10
Uncrustable OR Mini Corn Dogs Baked Beans Pineapple Salad/Veggie Bar	Beef Fajita on tortilla OR Chicken Fajita on tortilla Tort.chips & salsa Corn, Refried Beans Mixed Fruit Taco topping bar	Baked Potato Bar OR Mac & cheese Bar Broccoli Fresh fruit Salad/veggie bar	BBQ Pork/Bun OR Meatball Sub Carrots Applesauce Salad/Veggie Bar	Belgian Waffle w./fruit Sausage Yogurt/fruit parfait Dragon Punch Pears Salad/Veggie Bar
Oct 13	Oct 14	Oct 15	Oct 16	Oct 17
WG Pasta with Butter Chicken OR Chicken Alfredo Broccoli, Dinner Roll Mixed Fruit Salad/Veggie Bar	Gr. Beef Walking "Tot"-chos Black Beans, Corn Tortilla chips/salsa Peaches Taco Topping Bar	Ramen Bowl w/ Ground Pork OR Sliced beef asst. ramen toppings Mandarin Oranges Salad/Veggie Bar	Sausage Supreme Pizza OR Chicken Cordon Bleu/croissant Sweet Potato Fries Apple Slices Salad/Veggie Bar	Crispy Fish Taco OR Cheese Quesadilla Fiesta Slaw Cilantro-Lime Rice Fresh salsas Sidekick Salad/Veggie Bar
National School Lunch Week				
Oct 20	Oct 21	Oct 22	Oct 23	Oct 24
Cheeseburger/Bun OR Hot Dog/Bun Baked Beans Applesauce Salad/Veggie Bar	Walking Taco Beef OR Chicken Refried Beans, Corn Peaches Taco Topping Bar	Grilled Cheese Tomato Soup WG crackers Fresh Fruit Salad/Veggie Bar	Salisbury Steak Mashed Potatoes Peas, Dinner Roll Pears Salad/Veggie Bar	Mozzarella Dippers OR Fish Nuggets Broccoli Mandarin Oranges Salad/Veggie Bar
Oct 27	Oct 28	Oct 29	Oct 30	Oct 31
Orange chicken Brown Rice, Broccoli Stir Fry Pineapple Salad/veggie bar	Beef Soft Taco Black Beans, Corn Tortilla Chips/salsa Pears Taco topping bar	1/2 Ham/ch. sand. OR 1/2 Turkey/ch. sand. Chicken W. Rice Soup Celery & PB Applesauce Salad/Veggie Bar	WG Pasta w/ Meat Sauce OR Chicken Pesto Breadstick, Carrots Mixed Fruit Salad/Veggie Bar	NO SCHOOL