

**All Meals:**  
Served with choice of white milk or chocolate milk

**Breakfast:**  
Served with assorted fruits, milk

**Lunch:**  
Served with assorted fruits & veggies or salad bar, milk



# 2025 OCTOBER



**What Makes a Lunch?**  
Select 3-5 Components

One must be a  
FRUIT OR VEGGIE

**What Makes A Great Breakfast?**  
Select 3 Components!

Be sure to choose between  
FRUIT OR FRUIT JUICE

	SEPT. 29	30	OCTOBER 1	2	3
Breakfast	Muffin & Yogurt	Sausage & Cheese Breakfast Sandwich	Banana Bread, Hard Boiled Eggs	Strawberry Shortcake	Cheese Omelet, English Muffin
Lunch	Taco Soup, Corn Bread, Tortilla Chips, Salad, Carrots	Teriyaki Noodles, Steamed Broccoli, Fortune Cookie	Lasagna, Garlic Bread, Green Beans, Salad	Fish Sticks, Chips, Fries, Salad	Deli Sandwich, Baked Beans, Red Bell Peppers
	6	7	<b>HALF DAY 8</b>	9	10
Breakfast	Fruit & Yogurt Parfait, UBR	Biscuits & Gravy	Pancakes & Sausage	Breakfast Casserole, Toast	Cereal, Toast, Yogurt, Sausage Link
Lunch	Hot Dogs, Chili, Carrots, Salad	Taco Bar, Refried Beans, Corn, Salsa, Salad	Baked Potato Bar, Roll, Steamed Cauliflower & Broccoli	Hamburger Gravy, Mashed Potatoes, Roasted Broccoli, Breadstick	Pepperoni/Cheese Pizza, Carrots, Celery
	13	14	15	16	17
Breakfast	Muffins & Yogurt	Sausage & Cheese Breakfast Sandwich	Waffles & Sausage Links	Breakfast Burrito	Cereal, Toast, Yogurt
Lunch	Mini Corn Dogs, Coleslaw, Baked Beans	Pulled Pork Sandwiches, Tater Tots, Chips, Salad	Grilled Cheese, Tomato Basil Soup, Salad	Homemade Cheeseburger, Fries, Baked Beans, Salad	Chicken Nuggets, Tortilla Chips, Cheese Sauce, Green Beans
	20	21	22	23	24
Breakfast	French Toast & Sausage Link	Fruit & Yogurt Parfait, UBR	Biscuits & Gravy	Breakfast Burrito	Bagel & Cream Cheese, Sausage Link
Lunch	Beef Stroganoff, Roll, Brown Rice, Green Beans	Chili, Maple Bar, Steamed Carrots	Meatloaf, Mashed Potatoes, Steamed Carrots, Corn on the Cob, Roll	Chicken Cordon Bleu Sandwich, Fries, Salad	Deli Sandwich, Chips, Cucumbers, Tomatoes, Salad
	27	28	29	30	31
Breakfast	Muffins & Yogurt	Sausage & Cheese Breakfast Sandwich	Banana Bread & Hard Boiled Eggs	Strawberry Shortcake	Cheese Omelet & English Muffin
Lunch	Dutch Waffles, Yogurt, Hash Brown Patty, Sausage	Super Nachos, Corn, Salsa, Refried Beans, Salad	Chicken Parmesan Pasta, Cucumbers, Steamed Broccoli, Fortune Cookie	Pepperoni/Cheese Pizza, Carrots, Red Bell Peppers, Salad	Jack-O-Lantern Quesadillas, Monster Mash Beans, Cauldron Cookies

