

All Meals:
Served with choice of white milk, chocolate milk or soy milk

Breakfast:
Served with assorted fruits, milk

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

Daily Alternative Options:

Breakfast:
Cereal, fruit, milk

Lunch:
Turkey or Ham Sandwich, fruits, veggies, side dish, milk

What Makes a Lunch?
Select 3-5 Components

One must be a **FRUIT** OR **VEGGIE**



Come have Breakfast or Lunch with your Student

(RSVP Not Required)
Adult Breakfast \$3.30
Adult Lunch \$5.00



PALOUSE OCTOBER 2025



	29	30	OCTOBER 1	2	3
Breakfast	Fruit & Yogurt Parfait & UBR	Breakfast Sandwich	Banana Bread & Hard Boiled Eggs	Waffles & Sausage	Breakfast Pizza
Lunch	Cheese filled Breadsticks w/ Marinara Dipping Sauce, Roasted Veggies	Oven Roasted Chicken, Potatoes, Peas, Dinner Roll	Spaghetti, Corn Breadsticks	BBQ Pulled Pork Sandwich, Coleslaw, Baked Beans	Hoagie Sandwich (Ham or Turkey) OR PB&J Uncrustable, String Cheese, Sun Chips
	6	7	Half Day 8	9	10
Breakfast	Muffin, Yogurt & Scrambled Eggs	Biscuits & Gravy	Breakfast Burrito	Pancakes & Sausage	Bagel w/ Cream Cheese & Sausage
Lunch	Hot Dog, Baked Beans, Sun Chips	Beef or Chicken Tacos, Refried Beans	Chicken Sandwich, Fries	Hamburger Gravy, Mashed Potatoes, Roasted Broccoli, Breadstick	Pizza, Roasted Cauliflower, Caesar Salad
	13	14	15	16	17
Breakfast	Fruit & Yogurt Parfait & UBR	Breakfast Sandwich	Pancake on a Stick	Scrambled Eggs, Hashbrown, English Muffin	Strawberry Shortcake
Lunch	Teriyaki Dippers, Rice, Stir Fry Veggies	Grilled Cheese Sandwich, Tomato Soup	Meatloaf, Mashed Potatoes, Steamed Carrots, Dinner Roll	Cheeseburger, Fries, Baked Beans	Chicken Nuggets, Ball Park Nachos (Tortilla Chips and Cheese Sauce)
	20	21	22	23	24
Breakfast	Muffins Scrambled Eggs & Yogurt	Biscuits & Gravy	French Toast Sticks & Sausage	Breakfast Burrito	Cheese Omelet & English Muffin
Lunch	Chicken Cordon Bleu Sandwich, Fries	Chili, Tater Tots, Dinner Roll	Super Nachos, Corn Salad	Mini Corndogs, Coleslaw, Baked Beans	Hoagie Sandwich (Ham or Turkey) OR PB&J Uncrustable, String Cheese, Sun Chips
	27	28	29	30	31
Breakfast	Fruit & Yogurt Parfait & UBR	Breakfast Sandwich	Banana Bread & Hard Boiled Eggs	Waffles & Sausage	Breakfast Pizza
Lunch	Teriyaki Chicken or Meatballs, Oven Fried Rice, Stir Fry Veggie, Fortune Cookie	Macaroni & Cheese, Steamed Broccoli, Garlic Breadsticks	Dutch Waffle, Hashbrown Patty, Sausage, Yogurt	Popcorn Chicken, Mashed Potatoes, Gravy, Corn, Dinner Roll, Cookie	Happy Halloween Pizza, Roasted Cauliflower, Caesar Salad

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