

OCTOBER 2025*Health-e Pro* **MON****TUE****WED****THU****FRI**

		1 Brunch For Lunch #1 Dutch Waffle w/ Chicken Sausage Patty Celery Sticks & Apple	2 #1 Fish Nuggets Garbanzo Beans & Orange Chocolate Brownie Cookie	3 #1 Whole Grain Corndog Corn & Craisins
6 #1 Oven Fried Chicken Drumstick w/ Whole Grain Cornbread Broccoli & Mandarin Oranges	7 #1 Beef Soft Taco #2 Plant Based Meat Soft Taco (M)* Baby Carrots & Pears Churro	8 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Peach Cup	9 #1 Sloppy Joe Black Beans & Apple M&M Cookie	10 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Applesauce Cup
13 #1 Beef & Cheese Quesadilla #2 Cheese Quesadilla (M) Broccoli & Peaches	14 #1 Cheesy Rippers w/ Pizza Dipping Sauce (M) Baby Carrots & Apple Snickerdoodle Cookie	15 Brunch For Lunch #1 Pancakes w/ Chicken Sausage Patty Celery Sticks & Orange	16 #1 Pasta w/ Meat Sauce #2 Pasta w/ Plant Based Meat Sauce (M)* Pinto Beans & Pears Pink Frosted Cookie	17 #1 Toasted Ham & Cheese Sandwich w/ Tomato Soup #2 Toasted Cheese Sandwich w/ Tomato Soup (M) Corn & Grapes
20 #1 Cheeseburger #2 Veggie Burger (M) Broccoli & Pineapple Tidbits	21 #1 Nacho Supreme #2 Plant Based Meat Nacho Supreme (M)* Baby Carrots & Fruit Cocktail Rice Krispie Treat	22 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Mixed Berry Cup	23 #1 Mac & Cheese (M) Kidney Beans & Apple Pumpkin Cake	24 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Craisins
27 #1 Chicken Alfredo #2 Rebellious Plant-Based Chicken Alfredo (M) Broccoli & Raisins	28 #1 Teriyaki Beef Dippers w/ Brown Rice Baby Carrots & Banana Chocolate Chip Cookie	29 Brunch For Lunch #1 Dutch Waffle w/ Chicken Sausage Patty Celery Sticks & Strawberry Cup	30 #1 Lasagna w/ Whole Grain Breadstick #2 Plant Based Meat Lasagna w/ Whole Grain Breadstick (M)* Garbanzo Beans & Apple Sugar Cookie	31 #1 Whole Grain Corndog Corn & Applesauce Cup

ANNOUNCEMENTS

(M) = Meatless Entrée

Daily Entrées Available:

#3 Yogurt Lunch (M)

#4 Baked Potato Bar (M)

Every complete meal comes with a choice of 1% white milk or fat free chocolate milk and salad bar.

*Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy.

Menu subject to change.

MEAL PRICES

Eligible students receive meals at no cost

Student Lunch = \$4.50

Milk = \$0.75

Adults = \$5.75

This institution is an equal opportunity provider.