

Monadnock Elementary Menu

August- October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks Sausage Patty Breakfast Potato Daily Fruit Buffet Milk	Spaghetti w/ Meat Sauce WG Bread Stick Broccoli Daily Fruit Buffet Milk	Chicken Nuggets Carrots Warm Roll Daily Fruit Buffet Milk Welcome Back!	Hamburger & Roll Lettuce, Tomato, & Cheese Baked Beans Daily Fruit Buffet Milk	Pizza Veggie Sticks Daily Fruit Buffet Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Patty & Roll Tomato & Lettuce Green Beans Daily Fruit Buffet Milk	Tacos Lettuce, Tomato, & Cheese Rice, Corn, & Salsa Daily Fruit Buffet Milk	Mac & Cheese Peas Daily Fruit Buffet Milk	Chicken & Cheese Quesadilla Meal Salsa Carrots Daily Fruit Buffet Milk	Pizza Veggie Sticks Daily Fruit Buffet Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes Sausage Dragon Punch Daily Fruit Buffet Milk	Spaghetti w/ Meat Sauce WG Bread Stick Broccoli Daily Fruit Buffet Milk	Chicken Parmesan Sandwich Carrots Daily Fruit Buffet Milk	Chicken Nuggets Mashed Potatoes Corn Daily Fruit Buffet Milk	Bosco Sticks Marinara Sauce Peas Daily Fruit Buffet Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hot Dog & Roll Baked Beans WG Treat of The Day Daily Fruit Buffet Milk	Tacos Lettuce, Tomato, & Cheese Rice, Corn, & Salsa Daily Fruit Buffet Milk	Hot Turkey & Cheese Flatbread Meal Broccoli Daily Fruit Buffet Milk	Mac & Cheese Carrots Daily Fruit Buffet Milk	Pizza Veggie of the Day Daily Fruit Buffet Milk

Breads & Pasta, Pizza are Whole Grain products

AUGUST – SEPTEMBER				
		8/26	8/27	8/28
31	1	2	3	4
NS	NS	9	10	11
14	15	16	17	18
21	22	23	24	25

OCTOBER				
9/28	9/29	9/30	10/1	10/2
5	6	7	8	NS
NS	13	14	15	16
19	20	21	22	23
26	27	28	29	30

Daily Fruit Buffet: Variety of Fresh, low sugar frozen or canned fruits or juice.

A VARIETY OF 1% & SKIM MILK ARE OFFERED WITH EACH MEAL. MENUS ARE SUBJECT TO CHANGE BASED UPON MARKET & AVAILABILITY.

*NS: No school that day- please refer to District calendar for event.

ALTERNATES Served Daily:

Yogurt meal: Yogurt, Cheese Stick, Whole Grain Pretzels, Fresh Veggies, Fruit, & Milk Choice

Lunch Salad: Romaine Lettuce, Assorted meat or egg, Shredded Cheddar Cheese, Dressing, Fruit, Roll, & Milk Choice

Protein Bowl: Deli Meat, Cheese Stick, WG Cracker, Veggie Sticks, Fruit, & Milk Choice

Sunbutter & Jelly: Sandwich, Fruit, Vegetables and Milk Choice

LUNCH PRICES

Elementary Lunch:

Paid: \$3.35 Reduced \$4.40

Milk: \$0.50

For your convenience, visit www.linqconnect.com to make online deposits to your child's account.

There is a charge for each transaction.

You may continue to make deposits at your child's school.

Please use the LINQ website to monitor your child's account at no cost.

Low balance & negative balance account statements are sent by email

Cafeteria Contact Numbers:

Cutler School (603) 355-3132
Emerson School (603) 585-6006
Gilsum School (603) 352-2226
Mt. Caesar School (603) 903-6531
Troy School (603) 242-6564
Main Office (603) 903-6819
Fax (603) 719-3238

26-27 Free & Reduced Applications are available now! Applications from last year expire in October!



This Institution is an equal opportunity provider.