

October Middle School Menu

This institution is an equal opportunity provider.

2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Biscuit Crispy Chicken Tacos w/ Yogurt Dressing, BLT, Snack Wrap	2 Strawberry Cheesecake Yogurt Bowl Chicken N Waffles, BLT, Snack Wrap
5 Breakfast Pizza Pupusa, Muffin & Protein Bistro Box, Turkey Pep Sub	6 Sausage Madmuffin Philly Cheesesteak, Muffin & Protein Bistro Box, Turkey Pep Sub	7 French Toast Sticks Burritos, Muffin & Protein Bistro Box, Turkey Pep Sub	8 Bacon Egg Cheese Bagel Cheeseburger, Muffin & Protein Bistro Box, Turkey Pep Sub	9 No School: Teacher Planning Day
Fall Break: School Returns October 19, 2026				
19 Muffins Orange Chicken w/ Chow Mein, Charcuterie Box, Turkey Club Wrap	20 Apple Cinnamon Breakfast Nachos Spaghetti and Meatballs, Charcuterie Box, Turkey Club Wrap	21 Strawberry Shortcake Pizza, Charcuterie Box, Turkey Club Wrap	22 Madgriddle BBQ Chicken Bao Buns, Charcuterie Box, Turkey Club Wrap	23 Cinnamon Rolls Creamy Thai Inspired Chicken Ramen, Charcuterie Box, Turkey Club Wrap
26 Banana/ Pumpkin Bread Tamales, Turkey & Cheese Sandwich, Chicken Caesar Salad	27 Pancakes Bites w/ Yogurt Dip Chicken Sandwich, Turkey & Cheese Sandwich, Chicken Caesar Salad	28 Egg Bites w/ English Muffin Halloween Nuggets, Turkey & Cheese Sandwich, Chicken Caesar Salad	29 Chicken Biscuit Turkey & Cheese Sandwich (1/2 Day)	30 Strawberry Cheesecake Yogurt Bowl Pizza Pack (1/2 Day)

Menus are subject to change without notice. Substitutions will be made.

National School Lunch Program Free & Reduced Priced Meals

Applications for free/ reduced meals are available at linqconnect.com or at your student's school office.

Negative Balance Policy

We allow students 5 credited meals. Low and negative balances on students' meal accounts will be communicated to household via letter, email, and/or phone. You can add money to your students' account on linqconnect.com.

Meal Prices

Breakfast	\$1.50
RED breakfast	FREE
Lunch	\$3.00
RED Lunch	FREE
MHP Breakfast:	\$2.50
MPH Lunch	\$4.00
Adult Breakfast	\$3.50
Adult Lunch	\$5.00

Breakfast includes:

An entrée, a variety of fruit, 100% fruit juice, milk. Whole grain, reduced-sugar cereal is offered as an option everyday

Lunch includes:

An entrée, fresh fruit and vegetable bar, and milk. A PB&J is offered as an entrée option every day.

Locally sourced Fat Free White and Fat Free Flavored Milk offered daily.

