

OCTOBER 2026

Health-e Pro 

MON

TUE

WED

THU

FRI

			1 #1 Cheeseburger #2 Veggie Burger (M) Kidney Beans & Craisins Pink Frosted Cookie	2 #1 Whole Grain Chicken Corndog Corn & Pineapple Tidbits
5 #1 Mac & Cheese (M) Broccoli & Craisins	6 #1 Beef Soft Taco #2 Plant Based Meat Soft Taco (M)* Baby Carrots & Oranges Churro	7 Brunch For Lunch #1 Dutch Waffle w/ Chicken Sausage Patty Celery Sticks & Peach Cup	8 #1 Chicken Alfredo #2 Rebellyous Plant-Based Chicken Alfredo (M)* Garbanzo Beans & Diced Pears M&M Cookie	9 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellyous Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Banana
12 #1 Chicken Burger #2 Veggie Burger (M) Broccoli & Fruit Cocktail	13 #1 Teriyaki Beef Dippers w/ Brown Rice Baby Carrots & Oranges Chocolate Chip Cookie	14 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Apple	15 #1 Pasta w/ Meat Sauce #2 Pasta w/ Plant-Based Meat Sauce (M)* Pinto Beans & Craisins Sugar Cookie	16 #1 Whole Grain Chicken Corndog Corn & Grapes
19 #1 Fish Nuggets & Fries Broccoli & Craisins	20 #1 Nacho Supreme #2 Plant Based Meat Nacho Supreme (M)* Baby Carrots & Diced Peaches Rice Krispie Treat	21 Brunch For Lunch #1 French Toast Sticks w/ Chicken Sausage Patty Celery Sticks & Mixed Berry Cup	22 #1 Beef & Cheese Quesadilla #2 Cheese Quesadilla (M) Refried Beans & Apple Chocolate Cake	23 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellyous Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Mandarin Oranges
26 #1 Cheesy Rippers w/ Pizza Dipping Sauce (M) Broccoli & Fruit Cocktail	27 #1 Creamy Cheeseburger Penne Baby Carrots & Applesauce Cup Snickerdoodle	28 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Strawberry Cup	29 #1 Lasagna w/ Whole Grain Breadstick #2 Plant-Based Meat Lasagna w/ Whole Grain Breadstick (M)* Black Beans & Apple Chocolate Brownie Cookie	30 #1 Whole Grain Chicken Corndog Corn & Pineapple Tidbits

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 garden 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 = \$6.00

This institution is an equal opportunity provider.