

What's on the Menu?

October 2026
Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 1. Chicken Sandwich on GF Bun Smiley Fries	6 1. Chicken Taco Salad Corn and Black Bean Salad	7 Grilled Pizza Sandwich on GF Bread	1 Turkey Sausage with Yogurt and Hasbrown Warm Apple Topping	2 1. Hot Dog on GF Bun 2. 3 cheese Sandwich on GF Bread
12 1. GF Chicken Tenders Mashed Potatoes Roasted Pumpkin	13 1. Beef Nachos 2. Cheese Nachos Corn and Black Bean Salad	14 Grilled Pizza Sandwich on GF Bread	8 ½ Day No Lunch	9 ½ Day No Lunch
19 1. Hamburger/ Cheeseburger on GF Bun Smiley Fries	20 1. Beef Nachos 2. Cheese Nachos Corn and Black Bean Salad	21 1. Grilled Pizza Sandwich on GF Bread	15 Turkey Sausage with Yogurt and Hasbrown Warm Apple Topping	16 1. Hot Dog on GF Bun Smiley Fries
26 1. GF Chicken Tenders Smiley Fries	27 1. Beef Nachos 2. Cheese Nachos Corn and Black Bean Salad	28 Grilled Pizza Sandwich on GF Bread	22 Turkey Sausage with Yogurt and Hasbrown Warm Apple Topping	23 1. GF Chicken Tenders
			29 Turkey Sausage with Yogurt and Hasbrown Warm Apple Topping	30 No School

Weekly Choice 3 Options

MONDAY
Turkey & Cheese on GF Bread

TUESDAY
Taco Salad

WEDNESDAY
Caprese Sandwich on GF Bread

THURSDAY
Fruit Parfait

FRIDAY
Caesar Salad
W/ Cheese Stick

DAILY OPTIONS

FRUIT AND VEGGIE BAR

FRESH FRUITS
FRESH VEGGIES

Tuesdays:
BLACK BEAN & CORN SALAD

Week 1 & 3
CUCUMBER BASIL SALAD

Week 2 & 4
TOSSED SALAD

All meals served with milk or chocolate milk

