



OCTOBER 2026

New Life Academy of Excellence

All Meals serve with 1% white or FAT
Free Chocolate Milk and
appropriate condiments.
Vegetarian Option Available

Monday

Tuesday

Wednesday

Thursday

Friday



5
FRENCH TOAST STICK W/ NUGG
CARROTS-3/4 cup RO
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

6
BREADED CHIX SANDWICH
KALE SALAD-3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

7
TURKEY & CHEESE SUB
CORN SALAD -3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-28G Carb
(Dairy, Soy, Wheat)

1
BEEF AND CHEESE NACHO- 2.5
GARDEN SALAD -3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-39G Carb
(Dairy, Soy, Wheat)

2
Chicken Corndog - 2.5 oz
COLESLAW-3/4 cup O
Fruit - 1/2 cup
Milk- 8oz
13g Sugar/32g Carb
(Dairy, Soy, Wheat)

8
TURKEY HOTDOG - 2.5 oz
BAKED BEANS-3/4 cup LG
Fruit - 1/2 cup
Milk- 8oz
13g Sugar/32g Carb
(Dairy, Soy, Wheat)

9
CHEESE PIZZA
COLESLAW -3/4 cup O
Fruit - 1/2 cup
Milk- 8oz
8G SUGAR-39G CARB
(Dairy, Soy, Wheat)

Fall Break

Fall Break

Fall Break

Fall Break

Fall Break

12
ORANGE CHICKEN-20Z
BROWN RICE -3/4 cup G
GREEN BEANS-O
Fruit - 1/2 cup
Milk- 8oz
8G SUGAR-29G CARB
(Dairy, Soy, Wheat)

13
CHEDDAR HOT POCKET
GREEN BEANS-3/4 cup O
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

14
TURKEY & CHEESE SUB
CORN SALAD -3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-28G Carb
(Dairy, Soy, Wheat)

15
TURKEY HOTDOG - 2.5 oz
BAKED BEANS-3/4 cup LG
Fruit - 1/2 cup
Milk- 8oz
13g Sugar/32g Carb
(Dairy, Soy, Wheat)

16
Chicken Tenders -2.5 M/MA
POTATOE WEDGES -3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
2g Sugar-21G Carb
(Dairy, Soy, Wheat)

19
FRENCH TOAST STICK W/ NUGG
MIX VEGETABLE-3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

20
BREADED CHIX SANDWICH
KALE SALAD-3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

21
TURKEY & CHEESE SUB
CORN SALAD -3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-28G Carb
(Dairy, Soy, Wheat)

22
BEEF AND CHEESE NACHO- 2.5
GARDEN SALAD -3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-39G Carb
(Dairy, Soy, Wheat)

23
Chicken Corndog - 2.5 oz
COLE SLAW -3/4 cup O
Fruit - 1/2 cup
Milk- 8oz
13g Sugar/32g Carb
(Dairy, Soy, Wheat)

26
FRENCH TOAST STICK W/ NUGG
MIX VEGETABLE-3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

27
BREADED CHIX SANDWICH
KALE SALAD-3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
12G SUGAR-43G CARB
(Dairy, Soy, Wheat)

28
TURKEY & CHEESE SUB
CORN SALAD -3/4 cup S
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-28G Carb
(Dairy, Soy, Wheat)

29
BEEF AND CHEESE NACHO- 2.5
GARDEN SALAD -3/4 cup DG
Fruit - 1/2 cup
Milk- 8oz
10G Sugar-39G Carb
(Dairy, Soy, Wheat)

30
Chicken Corndog - 2.5 oz
COLE SLAW -3/4 cup O
Fruit - 1/2 cup
Milk- 8oz
13g Sugar/32g Carb
(Dairy, Soy, Wheat)