

OCTOBER 2026

Greenwich High School

Monday

Tuesday

Wednesday

Thursday

Friday

No Roll Eggroll bowl 1

Savory seasoned ground turkey sautéed with crisp cabbage, carrots, and green onion in a soy-ginger-garlic Served over steamed brown rice(GF)

Buffalo Chicken Sandwich

Bosco Stick Served with a side of marinara sauce and fries(V)

Burger and Fries(V)

Jamaican Beef Patty 8

Honey roasted Broccoli and cauliflower(V)

Chicken, Bacon, cheddar wrap(D)

Loaded Tater tots with assorted toppings 9

Burger and Fries(V)

Tight Rope Mini Co Dogs 15

Roasted Broccoli(V)

All Beef Hot Dog with assorted topping

Trapeze Chicken Tenders with fries 16

Beef sliders with cheese on a pretzel bun(D)

GHS Chicken Rice Bowl 5

Brown rice, Carrots with a variety of toppings (GF)

Asian Chicken Sandwich

Taco bowl 6

Beef/turkey taco mixture (GF) assorted toppings, rice

Seasoned pinto beans(V)(D)
Chicken Quesadilla(V,D)

Pasta Meat Sauce 7

Dinner roll
Garden salad(V)(GF)

Grilled Cheese with tomato soup(D,V)

Ring Master Mac & Cheese(D) 14

Caesar Salad(V)

Clown Nose Meatball Sub

Big Top Chicken and waffles, Sweet potato Fries(V) 12

Carousel Hot Honey Chicken Sandwich

Frito Nacho's 13

Beef/turkey taco mixture (GF) assorted toppings, Seasoned black beans(V)

Main Event Beef Quesadilla

French Toast Sticks 19

served with sausage, syrup and Sweet Potato fries(V)

Breakfast wrap(E,D)

Cheesy Chicken Burrito Bowl 20

seasoned Chicken, rice, Beans(V) cheese and assorted toppings(D)

Taco Quesadilla(D)

Pasta Meatballs 21

Texas Toast
Caesar salad(V)

Chicken Parm Sandwich(D)

Chicken Lo Mein 22

Tender chicken and fresh vegetables tossed with lo Mein noodles in a savory sauce.

Chicken Dumplings

Roasted Broccoli

Popcorn chicken 23

mashed potato bowl
Gravy and corn(V)

Burger(D) and Fries(V)

Chicken Teriyaki Rice Bowl 26

Fresh chicken breast sautéed with crisp broccoli in savory teriyaki sauce, served over brown rice

Chicken Fried Rice(E)

Walking Nacho's 27

Beef/turkey taco mixture (GF) assorted toppings, Seasoned Black beans(V)

Cheese Quesadilla (V)

Pasta Meat Sauce 28

Dinner roll
Garden salad(V)

Grilled Cheese with tomato Soup(D,V)

Breaded Chicken Legs 29

Mashed Potatoes
Roasted Carrots(D)

BBQ Pulled Chicken Sandwich

Spooky Pretzel Dogs 30

with Ghost Mashed Potatoes(D)

Smash Burger with Fries