This institution is an equal opportunity provider.

OCTOBER 2026

FREEBURG ELEMENTARY SCHOOL

* indicates item contains Pork
(Ham items offered are turkey based)

Thursday, October 1

Breakfast
Breakfast Egg Roll*

Lunch
-Pepperoni Pizza*
-Hot Ham & Cheese on Pretzel Bun
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baby Carrots
Chilled Peaches
Cold Milk

Friday, October 2

Breakfast
Mini Cinnis

Lunch
-Soft Chicken Tacos
-Hot Dog on Bun
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Orange Smiles
Cold Milk

Monday, October 5

Breakfast
Apple Strudel
Lunch
-Cheesy Breaded Chicken Sandwich
-Meatball Sandwich
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Candied Sweet Potatoes
Chilled Mixed Fruit
Cold Milk

Tuesday, October 6

Breakfast
Mini Strawberry Pancakes & Syrup
Lunch
-Sausage, Egg & Cheese Croissant*
-Sloppy Joe Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Emoji Potato Smiles
Chilled Applesauce
Cold Milk

Wednesday, October 7

Breakfast
Bacon, Egg & Cheese Biscuit*

Lunch
-Chicken Nuggets & Macaroni with Cheese
-Sub Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Thursday, October 8

Breakfast
Trix Cereal Muffin

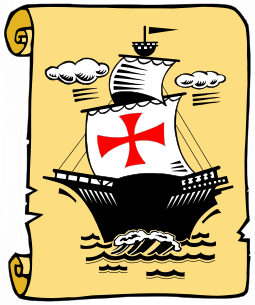
No Lunch
Early Dismissal

Friday, October 9

Teacher Institute
No School

Monday, October 12

Columbus Day



No School

Tuesday, October 13

Breakfast
Cinnamon Cream Cheese Bagel

Lunch
-Cheese Pizza
-Hamburger on Bun
-Italian Salad & Bosco Stick*
-Deli Sandwich
Sweet Corn
Chilled Mixed Fruit
Cold Milk

Wednesday, October 14

Breakfast
Yogurt Parfait & Oatmeal Bar

Lunch
-Bacon Cheeseburger*
-Grilled Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Seasoned Fries
Frozen Juice Cup
Cold Milk

Thursday, October 15

Breakfast
Cheesy Scrambled Eggs & Biscuit
Lunch
-Pretzel Dog
-Hot & Spicy Chicken Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Green Beans
Orange Smiles
Cold Milk

Friday, October 16

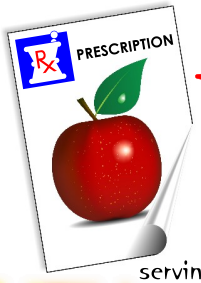
Breakfast
Pancake Sausage Stick*

Lunch
-Straw Hat
-Cheesy Fish Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Fiesta Beans
Blue Raspberry Applesauce
Cold Milk

Available Daily

For Breakfast, we offer General Mills Cereals and Cereal Bars as additional entree choices.

Breakfast includes milk, fruit and juice.



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

NUTRITION TO GO

Lots of kids and adults love yogurt – and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

A QUICK BITE FOR PARENTS

Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Breakfast	***Breakfast***	***Breakfast***	***Breakfast***	***Breakfast***
Breakfast Pizza*	Cinnamon Toast Crunch Muffin	Cheesy Chicken Biscuit	Mini Pancakes & Syrup	Breakfast Bagel*
Lunch	***Lunch***	***Lunch***	***Lunch***	***Lunch***
-Mozzarella Sticks & Dipping Sauce	***-French Toast Sticks & Sausage****	***-Chicken Nuggets & Roll***	***-Orange Chicken & Fried Rice***	***-Queso Chicken Nachos***
-Breaded Chicken Sandwich	***-Turkey & Cheese Croissant***	***-Cheeseburger***	***-BBQ Ribette Sandwich****	***-Fish Sticks & Mac and Cheese***
-Popcorn Chicken Salad & Bosco Stick	***-Italian Salad & Bosco Stick****	***-Chef Salad & Bosco Stick***	***-Italian Salad & Bosco Stick****	***-Chef Salad & Bosco Stick***
-Deli Sandwich	***-Deli Sandwich***	***-Deli Sandwich***	***-Deli Sandwich***	***-Deli Sandwich***
Seasoned Carrots	Green Beans	Sweet Corn	Steamed Broccoli	Ranchero Beans
Chilled Pears	Chilled Peaches	Mashed Potatoes & Gravy	Chilled Pineapple	Fresh Apple
Cold Milk	Gogurt Yogurt	Wiggles Jello Cup	Fortune Cookie	Cold Milk
	Cold Milk	Cold Milk	Cold Milk	

Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Breakfast	***Breakfast***	***Breakfast***	***Breakfast***	***Breakfast***
Sausage Biscuit*	Cinnamon Roll	Yogurt Cup & Cinnamon Toast	Banana Bread	French Toast Sticks & Syrup
Lunch	***Lunch***	***Lunch***	***Lunch***	***No Lunch***
-Toasted Ravioli & Bosco Stick	***-Chicken Strips & Mini Waffles***	***-Hot & Spicy Chicken Sandwich***	***-Pumpkin Pretzel, Popcorn Chicken & Cheese Sauce***	Early Dismissal
-Cheese Quesadilla	***-Hot Ham & Cheese Sandwich***	***-Mini Corn Dogs***	***-BBQ Hamburger on Bun***	
-Popcorn Chicken Salad & Bosco Stick	***-Italian Salad & Bosco Stick****	***-Chef Salad & Bosco Stick***	***-Italian Salad & Bosco Stick****	
-Deli Sandwich	***-Deli Sandwich***	***-Deli Sandwich***	***-Deli Sandwich***	
Green Beans	Steamed Broccoli	Baked Beans	Seasoned Carrots	
Chilled Pears	Mixed Fruit	Applesauce	**EEEK! Frozen Juice Cup** (Orange & Cream Flavored)	
Cold Milk	Cold Milk	Cold Milk	Cold Milk	