

Beekmantown Elementary School
Cumberland Head Elementary School

October 2026

This institution is an equal opportunity provider.



Breakfast Menu

Monday - Breakfast Pizza
Tuesday - Waffles with Syrup
Wednesday - Eagle Breakfast Sandwich
Thursday - French Toast Tornado
Friday - Blueberry Muffin / Cheese Stick or Yogurt
Low Fat Milk, Fruit Juice and Fruit

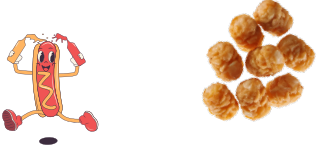
Salad Menu

Monday - Ham and Cheese Chef Salad
Tuesday - Classic Caprese Salad
Wednesday - Harvest Chicken and Apple Salad
Thursday - Sticks and Stuff
Friday - Cobb Salad
All Salads made fresh daily!

Sandwich Menu

Monday-Ham and Cheese
Tuesday -Bologna and Cheese
Wednesday-Turkey and Cheese
Thursday-Ham and Cheese
Friday-Tuna Boat Peanut Butter, Jelly and Egg Salad Sandwich offered Daily.

All Sandwiches made fresh daily by Cafeteria Staff.

Monday	Tuesday	Wednesday	Thursday	Friday
 ♥ = Made from scratch with love!	<p>hello FALL</p> 	<p>All Meals for all students are served at NO CHARGE!</p> 	<p><u>Build Your Own Burger</u> Bacon Cheeseburger on a Wheat Roll ♥Eagle Sauce, Pickles Lettuce, Tomato/Onion Baked Beans Baked French Fries Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk</p> 	<p><u>Stuffed Crust Pizza</u> Pepperoni, Cheese ♥Tweety's Fruity Broccoli Salad Zucchini Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk</p> 
<p>5</p> <p>Chicken Nuggets ♥Savory Rice Egg Roll Green Beans BBQ Sauce Golden Sauce ♥Pineapple Coleslaw Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk</p> 	<p>6</p> <p><u>Macho Nacho</u> Tortilla Chips Seasoned Beef Shredded Lettuce Diced Tomato Cheddar Cheese/Salsa Roasted Sweet Corn Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk</p> 	<p>7</p> <p><u>Italian Pasta Feast</u> ♥Three Cheese Baked Rigatoni Carrots Garlic Rolls Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk</p> 	<p>8</p> <p><u>Dress your own Hotdog</u> Hot Dog on a Wheat Roll ♥Michigan Sauce Ketchup, Mustard, Relish, Diced Onion Tator Tots Baked Beans Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk</p> 	<p>9</p> <p><u>Stuffed Crust Pizza</u> Pepperoni, Cheese ♥Frito Cowboy Coleslaw Steamed Broccoli Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk</p> 



Soup Menu

♥ Soups are made from scratch daily!

Monday - Beef, Macaroni and Tomato
Tuesday - Chicken and Rice Soup
Wednesday - Loaded Baked Potato Soup
Thursday - Beef Chili
Friday - Cook's Choice

Students must take three components to make a reimbursable meal!

Parfait Menu

Monday - Berry, Berry Fruit Parfait
Tuesday - Strawberry, Blueberry Parfait
Wednesday - Strawberry, Banana Parfait
Thursday - Banana Split Parfait
Friday - Berry, Berry Fruit Parfait
All parfaits served with 2 oz of Granola
Parfaits are made daily by Cafeteria Staff



Monday	Tuesday	Wednesday	Thursday	Friday
<p>12</p> <p>No School Enjoy your Day!</p>	<p>13</p> <p>Baked Soft Pretzel with Cheese Sauce Roasted Sweet Corn Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk</p>	<p>14</p> <p>Italian Pasta Feast Breaded Mozzarella Sticks Marinara Sauce ♥ Parmesan Garlic Butter Noodles Carrots Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk</p>	<p>15</p> <p>Build Your Own Burger Bacon Cheeseburger on a Wheat Roll ♥ Eagle Sauce, Pickles Lettuce, Tomato/Onion Baked Beans Baked French Fries Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk</p>	<p>16</p> <p>Stuffed Crust Pizza Pepperoni, Cheese ♥ Italian Tortellini with Vegetables Steamed Broccoli Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk</p>
<p>19</p> <p>Chicken Nuggets ♥ Savory Rice Green Beans BBQ Sauce Golden Sauce ♥ Pineapple Coleslaw Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk</p>	<p>20</p> <p>Brunch for Lunch French toast with Syrup Baked Ham Roasted Potatoes Cherry Tomatoes and Cucumbers Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk</p>	<p>21</p> <p>Italian Pasta Feast Meatballs over Pasta with Marinara Sauce Carrots Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk</p>	<p>22</p> <p>Dress your own Hotdog Hot Dog on a Wheat Roll ♥ Michigan Sauce Ketchup, Mustard, Relish, Diced Onion Tator Tots Baked Beans Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk</p>	<p>23</p> <p>Stuffed Crust Pizza Pepperoni, Cheese ♥ Zesty Pasta Salad Steamed Broccoli Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk</p>
<p>26</p> <p>Chicken Strips ♥ Loaded Lo Mein Dumplings Green Beans BBQ Sauce Golden Sauce ♥ Pineapple Coleslaw Tossed Salad Low Fat Salad Dressing Chilled Applesauce Low Fat Milk</p>	<p>27</p> <p>Taco Bar Soft or Crunchy Shells Seasoned Beef Shredded Lettuce Diced Tomato Cheddar Cheese/Salsa Roasted Sweet Corn Tossed Salad Low Fat Salad Dressing Chilled Peaches Low Fat Milk</p>	<p>28</p> <p>Italian Pasta Feast ♥ Three Cheese Baked Rigatoni Carrots Garlic Rolls Tossed Salad Low Fat Salad Dressing Chilled Pears Low Fat Milk</p>	<p>29</p> <p>Build Your Own Burger Cheeseburger on a Wheat Roll ♥ Eagle Sauce, Pickles Lettuce, Tomato/Onion Baked Beans Baked French Fries Tossed Salad Low Fat Salad Dressing Banana Low Fat Milk</p>	<p>30</p> <p>Stuffed Crust Pizza Pepperoni, Cheese ♥ Caprese Pesto Pasta Salad Steamed Broccoli Tossed Salad Low Fat Salad Dressing Chilled Mixed Fruit Low Fat Milk</p>

