

ELEMENTARY MENU

OCTOBER 2026



Grab N' Go Breakfast

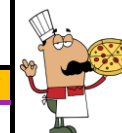
USDA requires that 3 of the 4 items

(Grain, Fruit/Juice, Milk)

A Fruit / Vegetable Must be taken for a complete reimbursable meal.

100% Fruit Juice Option - 4 oz

Additional Fruit Choices may include:
Raisins or Craisins, Fresh Apples Or Oranges



LUNCH

Daily Alternate Choices:

School Made PBJ Sandwich
Salads, Grab n Go Snackables
Uncrustables (PB & Jelly Sandwich)
Hummus Snackable Meal

Daily Cold Vegetable Alternates

Baby Carrots Offered Daily



Garden Salad offered Daily w/choice of Dressing

Additional Choices of Fresh Fruits and Vegetables offered daily may include:

Apples, Apple Slices, Oranges, Grapes, Bananas, Baby Carrots, Cucumber Slices and Celery Sticks

Cup/Frozen Fruits can include:

Applesauce, Mandarin Oranges
Mixed Fruit, Peaches, Pears, Pineapple Tidbits

Menu Subject to Change

Breakfast

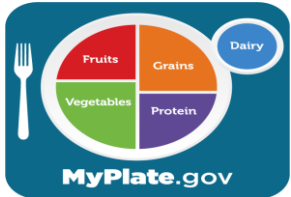
Lunch

Breakfast

Lunch

Breakfast

Lunch

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>9/28/2026</u>	<u>9/29/2026</u>	<u>9/30/2026</u>	<u>10/1/2026</u>	<u>10/2/2026</u>
Breakfast	Breakfast Pizza	Maple Snackn' Waffle	Chicken & Biscuit Sandwich	Pancakes w/Syrup	Warm Cinnamon Roll
	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk
Lunch	Ham & Cheese on a Pretzel Bun Sandwich or Pepperoni & Cheese Snackable <u>Vegetables and Fruit</u> EverCrisp Baked Fries Assorted Fruit Variety	Grilled Cheese Sandwich Tomato Soup or Pepperoni & Cheese Snackable <u>Vegetables and Fruit</u> Tater Tots Assorted Fruit Variety	Penne Pasta with Meatballs and Garlic Bread Stick or Pepperoni & Cheese Snackable <u>Vegetables and Fruit</u> Green Beans Assorted Fruit Variety	Popcorn Chicken Bowl Dinner Roll or Pepperoni & Cheese Snackable <u>Vegetables and Fruit</u> Seasoned Corn Whipped Potatoes w/Gravy Assorted Fruit Variety	School Made Pizza w/wo Pepperoni OR Chicken Patty on a Bun <u>Vegetables and Fruit</u> Seasoned Curly Fries Side Salad Assorted Fruit Variety
	<u>10/5/2026</u>	<u>10/6/2026</u>	<u>10/7/2026</u>	<u>10/8/2026</u>	<u>10/9/2026</u>
Breakfast	Breakfast Pizza	Funnel Cake w/Syrup	Chicken & Biscuit Sandwich	Breakfast Pocket - Egg, Cheese & Sausage	Flapstick w/Syrup
	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk
Lunch	Mini Pancakes /Syrup and Sausage Patty OR Ham & Cheese Snackable <u>Vegetables and Fruit</u> Hash Brown Patties 100% Fruit Juice Assorted Fruit Variety	Nachos Grande Taco Meat, Cheese Sauce Tortilla Chips & Toppings OR Ham & Cheese Snackable <u>Vegetables and Fruit</u> Tater Tots & Baked Beans Assorted Fruit Variety	Cheeseburger on a Bun w/Lettuce Tomato & Pickles OR Ham & Cheese Snackable <u>Vegetables and Fruit</u> Crinkle Cut Fries Assorted Fruit Variety Jello Cup	Chicken & Gravy Dinner Roll OR Ham & Cheese Snackable <u>Vegetables and Fruit</u> Whipped Potatoes and Gravy Corn Assorted Fruit Variety	Deep Dish Pizza w/ Pepperoni OR Chicken Patty on a Bun <u>Vegetables and Fruit</u> Seasoned Curly Fries Side Salad Assorted Fruit Variety
	<u>10/12/2026</u>	<u>10/13/2026</u>	<u>10/14/2026</u>	<u>10/15/2026</u>	<u>10/16/2026</u>
Breakfast	Breakfast Pizza	Blueberry Snack'n Waffle	French Toast Sticks w/Syrup	Breakfast Sandwich	Warm Cinnamon Roll
	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk
Lunch	Italian Dunkers w/ Meatballs & Sauce OR Yogurt Snackable <u>Vegetables and Fruit</u> Seasoned Carrots Assorted Fruit Variety Frozen Fruit Sorbet	<u>Stir Fry Day!!</u> Chicken Teriyaki w/Egg Roll OR Yogurt Snackable <u>Vegetables and Fruit</u> WG Rice & Broccoli Assorted Fruit Variety Fortune Cookie	Penne Pasta with Meatsauce and Garlic Bread Stick OR Yogurt Snackable <u>Vegetables and Fruit</u> Green Beans Assorted Fruit Variety Jello Cup	Chicken Nuggets w/ Dinner Roll OR Yogurt Snackable <u>Vegetables and Fruit</u> Whipped Potatoes w/Gravy Corn Assorted Fruit Variety	School Made Pizza w/wo Pepperoni OR Chicken Patty on a Bun <u>Vegetables and Fruit</u> Seasoned Curly Fries Side Salad Assorted Fruit Variety
					CAFETERIA HELP NEEDED. NOW HIRING CAFETERIA SUBSTITUTE WORKERS DAY SHIFT - NO WEEKENDS OR HOLIDAYS. EARN WHILE THEY LEARN! Please apply at the Connellsville Area SD Administrative Office 732 Rockridge Road, Connellsville PA 15425 Food Service Office (724) 628-3300 Ext 1316/1317
					<i>Student must select a minimum of 3 out of the 5 items offered for a reimbursable meal. One must be a Fruit or Vegetable</i>

ELEMENTARY MENU

OCTOBER 2026



PRFSD
Pittsburgh Regional Food Service Directors

Hot Breakfast 5 Days a Week and
Daily Grab N' Go (option) Breakfast

USDA requires that 3 of the 4 items
(Grain, Fruit/Juice, Milk)

Must be taken for a complete
Breakfast Meal. One of those items
must be a fruit / vegetable

Additional Fruit Choices may include:
Raisins or Craisins, Fresh Apples Or
Oranges



LUNCH



Daily Alternate Choices:

School Made PBJ Sandwich
Salads, Grab n Go Snackables
Uncrustables (PB & Jelly Sandwich)
Hummus Snackable Meal



Additional Choices of Fresh Fruits
and Vegetables offered daily may
include:

Apples, Apple Slices, Oranges,
Grapes, Bananas, Strawberries, Baby
Carrots, Cucumber Slices and Celery
Sticks



Menu Subject to Change

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>10/19/2026</u>	<u>10/20/2026</u>	<u>10/21/2026</u>	<u>10/22/2026</u>	<u>10/23/2026</u>
Breakfast	Breakfast Pizza	Funnel Cake w/Syrup	Chicken & Biscuit Sandwich	Breakfast Pizza Bagel	Flapstick w/Syrup
	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk
	Pizza Hot Pocket w/Cheese Stick	Chicken Patty Sandwich w/Lettuce Tomato & Pickles	Pierogies w/ Cheese Stick	Chicken Tenders w/ Dinner Roll	Deep Dish Pizza w/ Pepperoni
Lunch	OR Turkey & Cheese Snackable	OR Turkey & Cheese Snackable	OR Turkey & Cheese Snackable	OR Turkey & Cheese Snackable	OR Chicken Patty on a Bun
	<u>Vegetables and Fruit</u> # Smiley Potatoes Assorted Fruit Variety WG Cookie	<u>Vegetables and Fruit</u> Tater Tots Assorted Fruit Variety Italian Icee Cup	<u>Vegetables and Fruit</u> Augratin Cheesy Potatoes Green Beans Assorted Fruit Variety	<u>Vegetables and Fruit</u> Seasoned Corn Whipped Potatoes w/Gravy Assorted Fruit Variety	<u>Vegetables and Fruit</u> Seasoned Curly Fries Side Salad Assorted Fruit Variety
	<u>10/26/2026</u>	<u>10/27/2026</u>	<u>10/28/2026</u>	<u>10/29/2026</u>	<u>10/30/2026</u>
Breakfast	Breakfast Pizza	Confetti Snack'n Waffles	French Toast Sticks w/Syrup	Breakfast Pocket - Egg, Cheese & Sausage	Warm Cinnamon Roll
	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk	Fruit Choice & Milk
	French Toast Sticks and Sausage Patty	<u>Stir Fry Day!!</u> Orange Chicken	Walking Taco w/Taco Meat, Cheese & Salsa Topping & Roll	Popcorn Chicken Bowl Dinner Roll	School Made Pizza w/wo Pepperoni
Lunch	OR Hummus Snackable	OR Hummus Snackable	OR Hummus Snackable	OR Hummus Snackable	OR Chicken Patty on a Bun
	<u>Vegetables and Fruit</u> Hash Brown Patties 100% Fruit Juice	<u>Vegetables and Fruit</u> WG Rice & Broccoli Assorted Fruit Variety Fortune Cookie	<u>Vegetables and Fruit</u> Tater Tots & Carrot Coins Assorted Fruit Variety Churro	<u>Vegetables and Fruit</u> Seasoned Corn Whipped Potatoes w/Gravy Assorted Fruit Variety	<u>Vegetables and Fruit</u> Seasoned Curly Fries Side Salad & Assorted Fruit
					Halloween Treat!

Seasonal Fall Foods



Apples & Pears - These fruits are full of Fiber and Vitamins
Winter Squash - Butternut & Acorn Squash provide Vitamins A & C to Support your Immune System
Kale and Chard /Dark Leafy Greens - Help you with digestion and overall health
Beets & Sweet Potatoes - Offer great antioxidants and essential nutrients

REVISED 9/14/2026

Student Meals

Breakfast - (1) Free Reimbursable Meal per school day
Lunch - (1) Free Reimbursable Meal per school day

Adult Meals

Adult Breakfast \$3.25
Adult Lunch \$5.25

Menu Subject to Change