Pelican Rapids District Wide Menu

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
September 28, 2026	September 29, 2026	September 30, 2026	October 1, 2026	October 2, 2026
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Cereal or	Cereal or	Cereal Or	Cereal or	Cereal or
Dutch Waffle/Cheese Stick	Breakfast Burrito	French Toast/Egg	Build Your Own Parfait	Scone
Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Mini Corn Dogs	Shredded Turkey Or Chicken Gravy	Spaghetti & Meatballs	Waffles/Sausage	Stuffed Crust Pizza
Chips/Cheese	Mashed Potatoes	Garlic Toast/Parm	Hashbrown Patty	Marinara
Steamed Broccoli	Dinner Roll	Steamed Peas	Fruit Toppings/Syrup	Side Salad
Cold Salad	Steamed Corn	Carrots/Peppers/Jicama	Steamed Carrots	Steamed Green Beans
Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk
October 5, 2026	October 6, 2026	October 7, 2026	October 8, 2026	October 9, 2026
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Cereal or	Cereal or	Cereal or	Cereal or	Cereal or
Mini Donuts/Cheesestick	Pancakes/Syrup	Breakfast Pizza	Muffin	Raspberry Pasrty
Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Turkey Melt Croissant	Softshell Taco	Viking Burger	Chicken Nuggets	French Bread Pizza
Lettuce/Tomato/Mayo	Toppings/Black Beans	French Fries	Mashed Potatoes	Side Salad
Sunchips	Steamed Fajita Mix	Baked Beans	Dinner Roll/Dipping Sauce	Green Beans
Peas/Carrots/Ranch	Rice	Lettuce/Onion/Tomato	Steamed Corn	Carrots/Ranch
Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk
October 12, 2026	October 13, 2026	October 14, 2026	October 15, 2026	October 16, 2026
Breakfast	**Breakfast**	**Breakfast**	**NO SCHOOL**	**NO SCHOOL**
Cereal or	Cereal or	Cereal Or		
Bagel/Cream Cheese	Breakfast Sandwich	Sausage/Hashbrown		
Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk		
Lunch	**Lunch**	**Lunch**		
Boneless Wings	Fiestada	Chili		
Chips/Dipping Sauce	Lettuce/Salsa/Sour Cream	Bosco Stick/Crackers		
Steamed Carrots	Fiesta Beans	Steamed Peas/Carrots/Ranch		
Broccoli/Carrots/Ranch	Coleslaw	***Treat Day***		
Fruit/Milk	Fruit/Milk	Fruit/Milk		
October 19, 2026	October 20, 2026	October 21, 2026	October 22, 2026	October 23, 2026
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Cereal or	Cereal or	Cereal Or	Cereal or	Cereal or
French Toast/Strawberries	Breakfast Bowl	Breakfast Sandwich	Muffin	Donut
Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Chicken Ranch Wrap	Taco In A Bag	Chicken Patty On A Bun	Chicken Strips	Big Daddy's Pizza
French Fries	Toppings	Chips	Mac & Cheese	Marinara
Steamed Peas	Steamed Corn	Baked Beans	Steamed Carrots	Side Salad
Lettuce/Tomato/Ranch	Churro	Coleslaw	Veggies/Ranch	Steamed Green Beans
Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk
October 26, 2026	October 27, 2026	October 28, 2026	October 29, 2026	October 30, 2026
Breakfast	**Breakfast**	**Breakfast**	**Breakfast**	**Breakfast**
Cereal or	Cereal or	Cereal Or	Cereal or	Cereal or
Dutch Waffle	Breakfast Burrito	Biscuit/Omelette	Build Your Own Parfait	Scone
Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk	Fruit/Juice/Milk
Lunch	**Lunch**	**Lunch**	**Lunch**	**Lunch**
Spaghetti	Chicken Chili Crispitos	Chicken & Waffles	Turkey Sub Or Sandwich	Cheese Pizza Round
Garlic Bread	Toppings/Black Beans	Strawberries/Syrup	Lettuce/Onion/Tomato	Side Salad/***Fall Treat***
Steamed Peas	Steamed Corn	Dipping Sauce	Chips	Green Beans
Side Salad	Rice	Steamed Peas	Veggies/Ranch	Carrots/Ranch
Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk