

ATTEA AND SPRINGMAN MIDDLE SCHOOLS

OCTOBER 2026 LUNCH MENU

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)



Complete Lunch
\$4.00
Milk Only
\$0.75

MON

Celebrate Latin American & Hispanic Heritage Month!

This month, we're excited to feature menu items inspired by the vibrant flavors of Latin American and Hispanic cultures, including nopalitos, arroz con pollo, and plantains.
¡Buen provecho! 🌮

TUE

WED

THU

FRI

1

2

Chicken Tenders
with Banana Bread

Hamburger
Cheeseburger
Black Bean Burger

Chicken Caesar Salad

Yogurt Parfait

Sweet Potato Fries

General Tso Chicken
with Rice
and Fortune Cookie

Bosco Sticks
with Marinara Sauce

Yogurt Parfait

Garlic Steamed Broccoli

PRODUCE BAR OFFERED DAILY WITH A VARIETY OF FRUITS & VEGETABLES

5	6	7	8	9
Beef or Bean Nachos or Taco Salad	Alfredo Pasta with Cheesy Garlic Bread	Brunch for Lunch French Toast with Turkey or Veggie Sausage	Mini Chicken Bites with Zucchini Bread	Teriyaki Chicken Potstickers or Teriyaki Edamame Potstickers
Turkey Pepperoni Pizza or Cheese Pizza Slice	Spicy or Plain Crispy Chicken Sandwich	Turkey Pepperoni Pizza or Cheese Pizza Slice	Grilled Cheese	Breaded Mozzarella Sticks with Marinara Sauce
Yogurt Parfait	Chicken Caesar Salad	Fruit Smoothie with Soft Pretzel	Hamburger Cheeseburger	Yogurt Parfait
Refried Beans Pico de Gallo	Fruit Smoothie with Soft Pretzel	Chicken Caesar Wrap	Chicken Caesar Salad	Stir Fry Veggies
	Parmesan Broccoli	Hash Brown	Yogurt Parfait	
			Tomato Soup	
12	13	14	15	16
Chicken or Bean Burrito Bowl with Cilantro Lime Rice and Churro	Pasta with Meat Sauce or Baked Cheese Mostaccioli with Garlic Bread	Ham* & Cheese Croissant or Ham* Croissant	Arroz con Pollo (Chicken & Rice)	No School
Turkey Pepperoni Pizza or Cheese Pizza Slice	Spicy or Plain Crispy Chicken Sandwich	Turkey Pepperoni Pizza or Cheese Pizza Slice	Arroz con Habichuelas (Rice & Beans)	
Yogurt Parfait	Chicken Caesar Salad	Chicken Caesar Wrap	Hamburger Cheeseburger	
Seasoned Black Beans Nopalitos (Cactus Salad)	Fruit Smoothie with Banana Bread	Fruit Smoothie with Banana Bread	Chicken Caesar Salad	
	Parmesan Zucchini Fries	Spicy Fries Jicama with Tajin	Yogurt Parfait	
			Plantains	
19	20	21	22	23
Chicken or Cheese Quesadillas with Salsa	Pasta with Meatballs or Baked Cheese Mostaccioli & Garlic Bread	Chicago Style Hot Dog	Chicken Tenders with Soft Pretzel	Orange Chicken or Vegan Orange Chicken with Steamed Rice & Fortune Cookie
Turkey Pepperoni Pizza or Cheese Pizza Slice	Spicy or Plain Crispy Chicken Sandwich	Bean & Cheese Burrito	Hamburger Cheeseburger Spicy Black Bean Burger	Bosco Sticks with Marinara Sauce
Yogurt Parfait	Chicken Caesar Salad	Fruit Smoothie with Soft Pretzel	Chicken Caesar Salad	Yogurt Parfait
Refried Beans Esquites (corn salad)	Fruit Smoothie with Soft Pretzel	Chicken Caesar Wrap	Yogurt Parfait	Garlic Steamed Broccoli
	Roasted Veggies	Tater Tots	Spicy Fries	
26	27	28	29	30
Beef or Bean Nachos or Taco Salad	Alfredo Pasta with Cheesy Garlic Bread	Brunch for Lunch French Toast with Turkey or Veggie Sausage	Mini Chicken Bites with Zucchini Bread	Teriyaki Chicken Potstickers or Teriyaki Edamame Potstickers
Turkey Pepperoni Pizza or Cheese Pizza Slice	Spicy or Plain Crispy Chicken Sandwich	Turkey Pepperoni Pizza or Cheese Pizza Slice	Grilled Cheese	Breaded Mozzarella Sticks with Marinara Sauce
Yogurt Parfait	Chicken Caesar Salad	Fruit Smoothie with Banana Bread	Hamburger Cheeseburger	Yogurt Parfait
Refried Beans Pico de Gallo	Fruit Smoothie with Banana Bread	Chicken Caesar Wrap	Chicken Caesar Salad	Stir Fry Veggies
	Parmesan Roasted Broccoli	Hash Brown	Yogurt Parfait	
			Tomato Soup	

DAILY COLD LUNCH OPTIONS: PB&J UNCRUSTABLE AND TURKEY SANDWICH

MENU SUBJECT TO CHANGE

*CONTAINS PORK

This institution is an equal opportunity provider