

OCTOBER 2026 LUNCH MENU



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

Complete Lunch \$3.75
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 jicama with tajin, plantains and esquites.

¡Buen provecho! 🌮

TUE

WED

Try the Veggie of the Month!
Esquites
(Mexican Corn Salad)
on October 15th

THU

Beef Nachos
or
Cheese Quesadilla

Refried Beans
Orange Wedges

FRI

Mini Turkey Corn Dogs
or
Plant Based Nuggets

Parmesan Zucchini Fries
Applesauce Cup

5 Mac & Cheese with Fresh Baked Cornbread Steamed Broccoli Fresh Plum	6 Mini Chicken Bites or Plant Based Nuggets with Soft Pretzel Sweet Corn Banana	7 French Bread Cheese Pizza Kale Chips Watermelon	8 Bosco Sticks with Marinara Sauce Tomato Soup Kiwi Halves	9 All Beef Hot Dog or Bean & Cheese Burrito Baked Beans Waffle Fries Apple Slices
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12 Pancakes with Turkey Sausage or Pancakes with Veggie Sausage Homestyle Potatoes 100% Juice	13 Popcorn Chicken or Plant Based Nuggets with Banana Bread Celery Sticks Strawberries	14 Turkey Pepperoni or Cheese Pizza Slice Jicama & Cucumbers with Tajin Mango Cup	15 Beef Nachos or Cheese Quesadilla Veggie of the Month! Esquites (Mexican Corn Salad) Plantains	16 No School Thanks to Mrs. Sweazy's 1st grade class at Henking for selecting esquites for this month's veggie!
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19 French Toast with Chicken Sausage or French Toast with Veggie Sausage Hash Brown Apple Slices	20 Chicken Tenders or Plant Based Nuggets with Goldfish Crackers Mashed Potatoes Orange Wedges	21 Personal Pepperoni or Personal Cheese Pizza Sautéed Green Beans Locally Grown Apple	22 Pasta & Meatsauce or Buttered Pasta with Parmesan & Mozzarella Cheese with Garlic Bread Caesar Salad Peach Cup	23 Cheeseburger (cheese optional) or Vegan Burger Sweet Potato Fries Grapes
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26 Belgian Waffle with Turkey Sausage or Belgian Waffle with Veggie Sausage Mini Hash Browns Fresh Pear	27 Orange Chicken & Rice or Orange Vegan Chicken & Rice and Fortune Cookie Garlic Broccoli Banana	28 Turkey Pepperoni or Cheese Pizza Slice Sweet Corn Blueberries	29 Beef Nachos or Cheese Quesadilla Refried Beans Cantaloupe	30 Mini Turkey Corn Dogs or Plant Based Nuggets Smiley Fries Orange Gel Treat
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What's a ghost's favorite fruit? Boo-berries! 🎃

DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA OR GRAHAM CRACKERS, CHEESE, & CRACKERS
PB&J UNCRUSTABLE

TURKEY & CHEESE SANDWICH

OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider