

HENKING, LYON, WESTBROOK

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

1

Beef Nachos
or
Cheese Quesadilla

Refried Beans
Orange Wedges

FRI

2

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

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

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!



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 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

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

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

What's a ghost's favorite fruit? Boo-berries! 🍬

DAILY COLD LUNCH OPTIONS

YOGURT PACK WITH GRANOLA OR GRAHAM CRACKERS, STRING CHEESE, & CRACKERS
PB&J UNCRUSTABLE WITH STRING CHEESE AND CRACKERS
OFFERED ON FRIDAYS: BYO PIZZA KIT WITH FLATBREAD, MARINARA, & CHEESE

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider