2026 OCTOBER 2026

ROCHAMBEAU MIDDLE/HIGH LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Alternate Lunch Options: Fruit & Yogurt Parfait, Entrée Salads: Garden Salad with Chicken or Cheese Pizza, Sandwiches: Sunbutter & Jelly, Cheese, Turkey or Ham (Pork) w/wo Cheese **Available Daily and Offered with EVERY MEAL:** NY Local Whole Apple; Clementines, 100% Fruit Juice Fresh Veggies w/Ranch –Baby Carrots, Cucumber Coins Milk Choice, White 2%, Fat Free White or Fat Free Chocolate		Pumpkin & Apples Harvest of the Month™	1 **Crispy Chicken Tenders or Vegetarian Nuggets** Served with Yellow Rice Fiesta Black Beans Fresh Cut Melon & Raisins *~Emergency Dismissal Drill~*	2 **Cheese Lasagna Roll Up** Garlic Texas Toast Italian Herb Broccoli Clementines Applesauce
5 **Cheesy Stuffed Breadsticks** served with Marinara Sauce Seasoned Mixed Vegetables NY State Apple Raisins	6 **Nachos!** **Turkey Taco Meat or Black Bean** **Served with Crispy Tortilla Chips** Toppings: Shredded Cheddar & Salsa Elote Style Corn Fresh Pineapple & Applesauce	7 **Chicken & Waffles** **Chicken Drumstick or Vegetarian Nuggets** **Served with Waffle Sticks & Syrup** Roasted Butternut Squash NY State Apple Slices	8 **General Tso's Chicken** **Or Popcorn Chicken** **Or Vegetarian Nuggets** Veggie Fried Rice Garlic Ginger Edamame NY Apple Slices & 100% Fruit Juice	9 **Mac & Cheese** Harvest of the Month™ **Pasta in Cheddar Cheese Sauce** Corn Bread Garlic Broccoli **Toasted Pumkin Seeds** Clementines & Applesauce
12 **Columbus Day** **Indigenous People's Day** **SCHOOLS & OFFICES CLOSED**	13 **Crispy or Spicy Chicken Sandwich or Veggie Burger** **With or without Cheese** Toppings: Pickles, Ketchup Homemade Cole Slaw Clementines & Applesauce	14 **Pancakes w/ Syrup** **Turkey or Vegetarian Sausage** Sweet Potato Fries NY Apple Slices & 100% Fruit Juice ***National Dessert Day*** **Free Treat with each lunch!**	15 **Triple Decker Grilled Cheese** Crispy Smile Fries Whole NY State Apple Raisins	16 **Meatball (Beef) Parm Wedge** **Or Vegetarian Nuggets with Roll** Roasted Cauliflower Clementines Applesauce
19 **Crispy Mozzarella Sticks** **Served with Marinara Sauce** NY Style Garlic Knot Chickpea Salad NY State Apple Raisins	20 **Beef or Veggie Burger** **With or without Cheese** **on WG Bun** Toppings: Pickles, Ketchup Crispy Smile Fries Clementines & Applesauce	21 **French Toast Sticks** **Turkey or Vegetarian Sausage** **Served with Syrup** Maple Glazed Carrots NY State Apple Slices 100% Fruit Juice	22 **Crispy Chicken Tenders or Vegetarian Nuggets** Served with Yellow Rice Fiesta Black Beans Whole NY State Apple Raisins	23 **Cheese Lasagna Roll Up** Garlic Texas Toast Italian Herb Broccoli Fresh Grapes Applesauce
26 **Cheesy Stuffed Breadstick** served with Marinara Sauce Garlic Broccoli NY State Apple Raisins	27 **Taco Tuesday!** **Crispy Tacos & Mexican Rice** **With Turkey Taco or Black Beans** Toppings: Shredded Cheddar & Salsa Elote Style Corn Clementines & Applesauce	28 **Chicken & Waffles** **Chicken Drumstick or Vegetarian Nuggets** **Served with Waffle Sticks & Syrup** Roasted Butternut Squash NY Apple Slices & 100% Fruit Juice	29 **General Tso's Chicken** **Or Popcorn Chicken** **Or Vegetarian Nuggets** Veggie Fried Rice Garlic Ginger Edamame NY State Whole Apple & Raisins	30 **Mac & Cheese** **Pasta in Cheddar Cheese Sauce** Served with a Jack-O-Lantern Pretzel Roasted Cauliflower Orange Smiles & Applesauce **SAMPLES: Try It! Apple Cider**

USDA is an equal opportunity provider, employer, and lender. Menu is subject to change. A variety of milk is offered each day.

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