

Pre K

This institution is an
equal opportunity
provider. Menus are
subject to change.

**The original value meal
& still a fantastic deal!**

Breakfast

Lunch

\$2.50

\$3.50

Get in touch with us today to learn more about
free and reduced-price meals in our district:
405-376-7317 or CruzD@mustangps.org

TAKE A HIKE?

Lots of kids (and adults!) are
probably feeling a candy
binge coming on this
month. OK. But for every
2 little "fun size" candies
you eat, you need to
hike 30 minutes to work
off the calories. So take
it easy – or take a hike!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

MENUS FOR OCTOBER 2026

Thursday, October 1

Lunch

Chicken & Noodle
Roll
Celery Sticks
Glazed Carrots
Pineapple Tidbits
Milk

Friday, October 2

Lunch

Bronco Burger
Lettuce/Tomato/Pickles
Waffle Fries
Strawberries & Bananas
Milk



WORLD'S LARGEST

CORN MAZE

It's in Spring Grove, Illinois and
features 10 miles of trails making
up 5 connected mazes on 28 acres
of live corn!

Monday, October 5

Lunch

PopCorn Chicken
Mashed Potatoes w/ Gravy
Peas & Carrots
Cinnamon Applesauce
Milk

Tuesday, October 6

Lunch

Hot Ham & Cheese Sandwich
Waffle Fries
Fruit Cocktail
Milk

Wednesday, October 7

Lunch

Pepperoni Pizza
Salad Mix w/ Spinach
Cinnamon Applesauce
Milk

Thursday, October 8

Lunch

Mac & Cheese
Dinner Roll
Green Beans
Peaches
Milk

Friday, October 9

Lunch

Soft Taco
Lettuce & Tomatoes
Ranch Style Beans
Cinnamon Applesauce
Milk



Monday, October 12

Lunch

Hot Dog on a Bun
Tater Tots
Mixed Veggies
Cinnamon Applesauce
Milk

Tuesday, October 13

Lunch

Tony's Stuffed Sticks
Babay Carrots
Pickle Spears
Fruit Cocktail
Milk

Wednesday, October 14

NO SCHOOL

Fall Break

Thursday, October 15

NO SCHOOL

Fall Break

Friday, October 16

NO SCHOOL

Fall Break

Monday, October 19

NO SCHOOL

Fall Break

Tuesday, October 20

NO SCHOOL

Fall Break

Wednesday, October 21

Lunch

Pepperoni Pizza
Savory Sweet Fries
Peaches
Milk

Thursday, October 22

Lunch

Chicken Alfredo
Garlic Cheese Breadstick
Salad Mix
Pears
Wacky Cake
Milk

Friday, October 23

Lunch

BBQ Pork Rib Sandwich
Baked Beans
Waffle Fries
Pineapple Tidbits
Milk

Monday, October 26

Lunch

Sloppy Joe
Red & White Fries
Cinnamon Applesauce
Milk

Tuesday, October 27

Lunch

Asian Orange Chicken
Fried Rice
Mixed Veggies
Strawberries & Peaches
Milk

Wednesday, October 28

Lunch

Tony's Stuffed Sticks
w/Marinara Sauce
Fresh Salad Mix
Bananas
Milk

Thursday, October 29

Lunch

Cheese & Beef Nachos
Salsa
Corn
Mandarin Oranges
Milk

Friday, October 30

Lunch

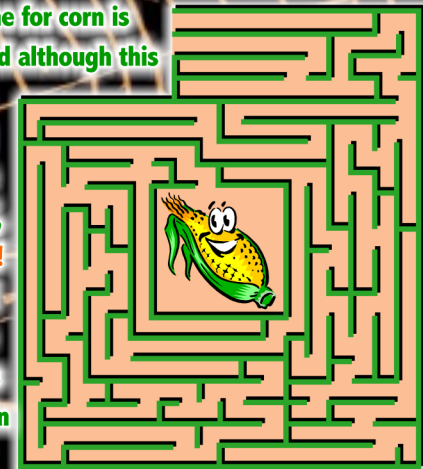
Dill Chicken Sandwich
Ranch Style Beans
Pineapple Tidbits
Milk



What's on
YOUR
plate?

Can you solve the Amazing
Maze o' Maize?

Another name for corn is
"maize," and although this
may not be
the biggest
maize maze
in the world,
it's still **FUN!**
Can you find
your way to
the delicious
ear of corn in
the center?



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

**HAVE FUN
AND STAY
SAFE!
AND WHATEVER
YOU DO,
DON'T MAKE
FUN OF FRANK'S
COSTUME!**

