

Elementary

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

Breakfast

Chorizo Burrito
Pears
Juice/Milk

Lunch

Chicken & Noodles
Celery Sticks
Glazed Carrots
Pineapple Tidbits
Juice/Milk

Friday, October 2

Breakfast

Breakfast Pizza
Apples
Juice/Milk

Lunch

Bronco Burger
Lettuce/Tomato/Pickle
Waffle Fries
Strawberries & Bananas
Juice/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

Breakfast

Rich's Donut
Pineapple Tidbits
Juice/Milk

Lunch

PopCorn Chicken
Mashed Potatoes w/ Gravy
Dinner Roll
Peas & Carrots
Apple
Juice/Milk

Tuesday, October 6

Breakfast

Pancake Poffitz
Strawberries & Peaches
Juice/Milk

Lunch

Hot Ham & Cheese Sandwich
Waffle Fries
Steamed Broccoli
Fruit Cocktail
Juice/Milk

Wednesday, October 7

Breakfast

French Toast Sticks
Bananas
Juice/Milk

Lunch

Pepperoni Pizza
Salad Mix
Tomatoes & Carrots
Cinnamon Applesauce
Juice/Milk

Thursday, October 8

Breakfast

Eggs & Cheese Biscuit
Pears
Juice/Milk

Lunch

Mac & Cheese
Roll
Green Beans
Red Pepper Strips
Peaches
Juice/Milk

Friday, October 9

Breakfast

Sausage in a Pancake
Apple Slices
Juice/Milk

Lunch

Soft Taco
Lettuce & Tomato
Ranch Style Beans
Fresh Grapes
Juice/Milk

Monday, October 12

Breakfast

Fluffy Pancakes
Dried Cranberries
Juice/Milk

Lunch

Hot Dog on a Bun
Tater Tots
Ranch Style Beans
Cinnamon Applesauce
Juice/Milk

Tuesday, October 13

Breakfast

Biscuits & Gravy
Pineapple Tidbits
Juice/Milk

Lunch

Tony's Stuffed Sticks
Baby Carrots
Cucumber Slices
Peaches
Juice/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

Breakfast

French Toast Sticks
Pineapple Chunks
Juice/Milk

Lunch

Cheese Pizza
Steamed Broccoli
Savory Sweet Fries
Peaches
Juice/Milk

Thursday, October 22

Breakfast

Sausage Biscuit
Cinnamon Apples
Juice/Milk

Lunch

Chicken Alfredo
Roll
Broccoli
Baby Carrots
Pears
Wacky Cake
Juice/Milk

Friday, October 23

Breakfast

Breakfast Pizza
Apple Slices
Juice/Milk

Lunch

BBQ Pork Rib Sandwich
Baked Beans
Waffle Fries
Pineapple Tidbits
Juice/Milk

Monday, October 26

Breakfast

Berry Parfait
Orange Smiles
Juice/Milk

Lunch

Sloppy Joes
Red & White Fries
Dill Pickle Spear
Apple
Juice/Milk

Tuesday, October 27

Breakfast

Chicken in a Sweet Roll
Cinnamon Applesauce
Juice/Milk

Lunch

Orange Asian Chicken
Fried Rice
Mixed Veggies
Red Pepper Strips
Strawberries & Peaches
Juice/Milk

Wednesday, October 28

Breakfast

French Toast Sticks
Bananas
Juice/Milk

Lunch

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

Thursday, October 29

Breakfast

Extravaganza Eggs w/ Toast
Pears
Juice/Milk

Lunch

Cheese & Beef Nachos
Salsa
Corn
Mandarin Oranges
Juice/Milk

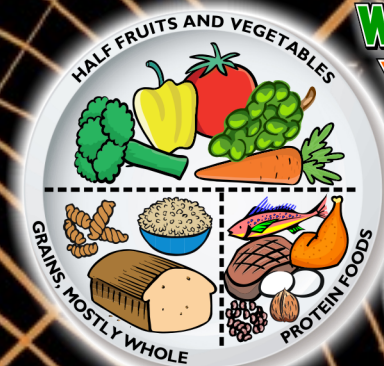
Friday, October 30

Breakfast

Warm Cinnamon Roll
Apple Slices
Juice/Milk

Lunch

Dill Chicken Sandwich
Lettuce/Tomato/Pickle
Ranch Style Beans
Pineapple Tidbits
Juice/Milk

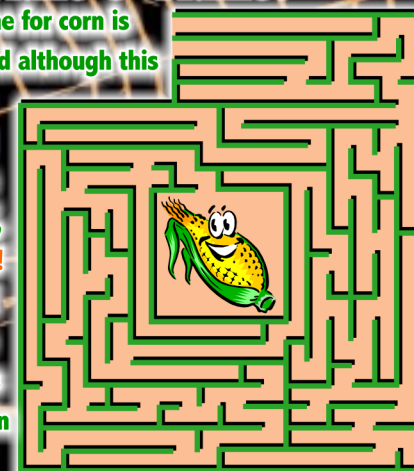


**What's on
YOUR
plate?**



**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!**

