

October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
Popcorn Chicken w\Pretzel Rod
Cheese Quesadilla
Chef Salad w\Pretzel Rod
Turkey & Cheese Sandwich
Baked Beans

2
General Tso Chicken or Rice
Cheese Quesadilla
Ham & Cheese Sandwich
Steamed Broccoli

5
Cheese Pizza
Cheese Stuffed Bread Sticks
Turkey & Cheese Sandwich
Broccoli Bites w\Ranch

6
Walking Nachos
Cheese Stuffed Bread Sticks
Ham & Cheese Sandwich
Black Beans

7
French Toast Sticks with Sausage
Cheese Stuffed Bread Sticks
Turkey & Cheese Sandwich
Glazed Carrots

8
Beef & Cheese Quesadilla
Cheese Stuffed Bread Sticks
Garden Salad w\Pretzel Rod
Ham & Cheese Sandwich
Golden Corn

9
Chicken Nuggets w\Pretzel Rod
Cheese Stuffed Bread Sticks
Turkey & Cheese Sandwich
Green Beans

12
Half Day
Cheese Pizza
Turkey & Cheese Sandwich
Baby Carrots w\Ranch

13
Chicken & Cheese Quesadilla
Grilled Cheese Sandwich (V)
Ham & Cheese Sandwich
Golden Corn

14
Asian Chicken over Rice
Grilled Cheese Sandwich (V)
Turkey & Cheese Sandwich
Steamed Broccoli

15
Grilled Cheese Sandwich (V)
Chef Turkey Salad w\Pretzel Rod
Ham & Cheese Sandwich
Baked Beans

16
Chicken Nuggets w\Pretzel Rod
Grilled Cheese Sandwich (V)
Turkey & Cheese Sandwich
Mashed Potatoes
Green Beans

19
Cheese Pizza
Cheese Burger
Turkey & Cheese Sandwich
Broccoli Bites w\Ranch

20
Beef Soft Tacos
Cheese Burger
Ham & Cheese Sandwich
Baked Beans
Lettuce & Tomato

21
Chicken Drumstick & Biscuit
Cheese Burger
Turkey & Cheese Sandwich
Glazed Carrots

22
Italian Toaster Sandwich
Cheese Burger
Chef Salad w\Pretzel Rod
Ham & Cheese Sandwich
Golden Corn

23
Meat Sauce over Pasta
Cheese Burger
Turkey & Cheese Sandwich
Green Beans

26
Cheese Pizza
Hot Dog
Ham & Cheese Sandwich
Golden Corn

27
Walking Nachos
Hot Dog
Turkey & Cheese Sandwich
Seasoned Black Beans

28
Chicken Alfredo over Penne
w\Pretzel Rod
Hot Dog
Ham & Cheese Sandwich
Steamed Broccoli

29
Toasted Cheese Sandwich (V)
Hot Dog
Garden Salad w\Pretzel Rod
Turkey & Cheese Sandwich
Tomato Soup
Green Pepper Strips

30
Half Day
Chicken Tenders w\Pretzel Rod
Ham & Cheese Sandwich
Baby Carrots w\Ranch

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student \$3.35
Adult \$5.00

Available Daily

Chicken Caesar Salad
Uncrustable PB&J

Fruit & Veggie Selection

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Students may choose two ½ cup servings.

Milk Selection

1% white, fat free-white & fat-free chocolate

Your Dining Services Team

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(V) Vegetarian

