

October 2026-Fridley High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Main: Cheeseburger on Bun Fries Assorted Fruit & Veg Growler Grill: Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	29 Main: Enchilada Bake Tostito Chips Mexican Beans Assorted Fruit & Veg Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	30 Main: Chicken Drumstick Garlic Knot Roll Roasted Sweet Potato Assorted Fruit & Veg Growler Grill: Lasagna Roll Up & Garlic Knot Roll Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad	1 Main: Mac & Cheese Chicken Nuggets Roasted Broccoli Assorted Fruit & Veg Growler Grill: Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub, Sante Fe Salad	2 Main: Garlic Pizza Honey Roasted Carrots Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap
5 Main: Beef Sambusa Breadstick Tumeric Rice Assorted Fruit & Veg Growler Grill: Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	6 Main: Chicken Wrap Parmesan Potatoes Assorted Fruit & Veg Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	7 Main: Walking Taco Nacho Chips Mexican Beans Fajita Vegetables Assorted Fruit & Veg Growler Grill: Pizza Crunchers Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad	8 Main: Chicken Parmesan w/Penne Pasta Roasted Broccoli Assorted Fruit & Veg Growler Grill: Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub, Sante Fe Salad	9 Main: Chicken Drumstick Dutch Waffle Hot Cinnamon Apples Caesar Salad Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap
12 Main: Orange Chicken Rice & Sweet Chili Doritos Sesame Green Beans Assorted Fruit & Veg Growler Grill: Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parm Garlic Chick Wrap	13 Main: Pizza Steamed Corn Assorted Fruit & Veg Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	14 No School	15 No School	16 No School

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.

October 2026-Fridley High School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Main: Chicken Patty on Bun Roasted Parmesan Potato Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	20 Main: Toasted Ravioli & Marinara Sauce Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	21 Main: Turkey Chili Fritos Honey Roasted Carrots Growler Grill: Hot Dog on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad	22 Main: Chicken Wings Nacho Chips Buffalo Roasted Cauliflower Growler Grill: Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Sante Fe Salad, Teriyaki Chicken Sub	23 Main: French Bread Pizza Marinara Sauce Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap
26 Main: General Tso's Chicken & Rice Sweet Chili Chips Roasted Chili Edamame Growler Grill: Hamburger or Cheeseburger on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	27 Main: Kick N Chicken Mashed Potatoes, Gravy Corn Growler Grill: Regular or Spicy Chicken Patty on Bun Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	28 Main: Mongolian Beef Rice, Egg Roll Sesame Green Beans Growler Grill: Butter Chicken with Rice Naan Bread Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad	29 Main: Chicken Alfredo Penne Pasta Breadstick Spinach Salad Growler Grill: Pizza Grains & Greens: Fruit & Yogurt Parfait, PBJ Box, Sante Fe Salad, Teriyaki Chicken Sub	30 Main: Pizza Lettuce Salad Growler Grill: Cooks Choice Grains & Greens: Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.