

October 2026-Fridley Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Main: Hamburger on Bun French Fries Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty	29 Main: Pepper Jack Enchilada Mexican Beans Assorted Fruit & Veg Alt: Cheeseburger on Bun	30 Main: Chicken Drumstick Cheddar Goldfish Roasted Sweet Potato Assorted Fruit & Veg Alt: Cheeseburger Bites	1 Main: Mac & Cheese Chicken Nuggets Roasted Broccoli Assorted Fruit & Veg Alt: Pizza	2 Main: Philly Beef Sandwich Fajita Veggies Assorted Fruit & Veg Alt: Cooks Choice
5 Main: Beef Smbusa Tumeric Rice Roasted Cauliflower Assorted Fruit & Veg Alt: Cheeseburger on Bun	6 Main: Walking Beef Taco with chips Mexican Beans Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty	7 Main: Cheese Omelet Eggo Waffle Roasted Delicata Squash Hot Cinnamon Apples Assorted Fruit & Veg Alt: Hot Dog on Bun	8 Main: Garlic or Fiestada Pizza Parmesan Broccoli Assorted Fruit & Veg Alt: Pizza	9 Main: Cooks Choice Steamed Corn Assorted Fruit & Veg Alt: Cooks Choice
12 Main: Mandarin Orange Chicken with Rice Garlic Green Beans Assorted Fruit & Veg Alt: Cheeseburger on Bun	13 Main: Chicken Nuggets Goldfish Steamed Corn Assorted Fruit & Veg Alt: Pizza	14 No School	15 No School	16 No School
19 Main: Chicken Patty on Bun Roasted Parmesan Potatoes Assorted Fruit & Veg Alt: Cheeseburger on Bun	20 Main: Cheese Quesadilla Mexican Beans Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	21 Main: Turkey Chili Fritos Honey Roasted Carrots Assorted Fruit & Veg Alt: Corn Dog on Stick	22 Main: Chicken Wings Nacho Chips Roasted Broccoli Assorted Fruit & Veg Alt: Pizza	23 Main: Pizza Steamed Corn Assorted Fruit & Veg Alt: Cooks Choice
26 Main: Gen Tso Chicken Rice Roasted Chili Edamame Assorted Fruit & Veg Alt: Cheeseburger on Bun	27 Main: Kick N Chicken Mashed Potatoes Gravy, Corn Assorted Fruit & Veg Alt: Spicy or Regular Chicken Patty on Bun	28 Main: Beef Taco Stick Fiesta Black Beans Broccoli Assorted Fruit & Veg Alt: Calzone & Marinara	29 Main: Chicken Alfredo Penne Pasta, Breakstick Spinach Salad Assorted Fruit & Veg Alt: Pizza	30 Main: Cheesy Bread Marinara Sauce Lettuce Salad Assorted Fruit & Veg Alt: Cooks Choice

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.