

OCTOBER 2026

Shasta Lake Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

BREAKFAST

YOGURT
TOAST

LUNCH

CHICKEN NUGGETS
OR
CORN DOG
FRIES

5

BREAKFAST

SCRAMBLED EGGS
TOAST & JELLY

LUNCH

COOKS CHOICE
OR
DELI SANDWICH
CHIPS & COLESLAW

6

BREAKFAST

HOMEMADE MUFFIN

LUNCH

PAPA MURPHY'S PIZZA
OR
CHICKEN NUGGETS & FRIES

7

BREAKFAST

BREAKFAST BURRITO

LUNCH

DELI SANDWICH
OR
CHICKEN PATTY SANDWICH
CHIPS

8

BREAKFAST

FRUIT & YOGURT PARFAIT
GRANOLA

LUNCH

NACHOS
REFRIED BEANS
OR
CORN DOG & CHIPS

9

BREAKFAST

BREAKFAST PIZZA

LUNCH

BEAN & CHEESE BURRITO
SPANISH RICE
OR
QUESADILLA & SPANISH RICE

12

BREAKFAST

BAGEL & CREAM CHEESE

LUNCH

CHICKEN ALFREDO
GARLIC BREAD
OR
CORN DOG & CHIPS

13

BREAKFAST

HOMEMADE MUFFIN

LUNCH

HAWAIIAN SLIDERS
CHIPS & PINEAPPLE
OR
HOT DOG & TATER TOTS

14

BREAKFAST

SCRAMBLED EGGS
TOAST & JELLY

LUNCH

EGG MCMUFFIN & HASHBROWN
OR
UNCRUSTABLE, STRING CHEESE
CHIPS

15

BREAKFAST

PANCAKE SAUSAGE SANDWICH
SYRUP

LUNCH

BBQ CHICKEN SANDWICH
BAKED BEANS

16

BREAKFAST

YOGURT
TOAST

LUNCH

CHICKEN PATTY SANDWICH
OR
BEAN & CHEESE BURRITO

19

BREAKFAST

SCRAMBLED EGGS
TOAST & JELLY

LUNCH

TATER TOT CASSEROLE & ROLL
OR
CHICKEN NUGGETS & FRIES

20

BREAKFAST

HOMEMADE MUFFIN

LUNCH

PAPA MURPHY'S PIZZA
OR
CHICKEN NUGGETS & FRIES

21

BREAKFAST

BREAKFAST BURRITO

LUNCH

PULLED PORK SANDWICH
OR
UNCRUSTABLE & STRING CHEESE
CHIPS

22

BREAKFAST

FRUIT & YOGURT PARFAIT
GRANOLA

LUNCH

ORANGE CHICKEN
STEAMED RICE
OR
PIZZA

23

BREAKFAST

BREAKFAST PIZZA

LUNCH

CHICKEN NUGGETS
OR
CORN DOG
FRIES

26

BREAKFAST

BAGEL & CREAM CHEESE

LUNCH

COOKS CHOICE
OR
DELI SANDWICH
CHIPS & COLESLAW

27

BREAKFAST

HOMEMADE MUFFIN

LUNCH

HAWAIIAN SLIDERS
CHIPS & PINEAPPLE
OR
HOT DOG & TATER TOTS

28

BREAKFAST

SCRAMBLED EGGS
TOAST & JELLY

LUNCH

DELI SANDWICH
OR
CHICKEN PATTY SANDWICH
CHIPS

29

BREAKFAST

PANCAKE SAUSAGE SANDWICH
SYRUP

LUNCH

NACHOS
REFRIED BEANS
OR CORN DOG & CHIPS
BIRTHDAY TREAT

30

Breakfast: *Optional breakfast is cereal & graham crackers*
All breakfasts include the following components: 2 oz Grains,
1 Cup Fruit & 1 Cup Milk.
Lunch: All lunches include the following components: 1 Cup
Milk, 1-2 Oz Meat/Meat Alternative, 1-2 Oz Grains, ½ Cup
Fruit & ¾ Cup Vegetables. Salad bar offered daily.

Menus are subject to change
This institution is an equal opportunity provider.
Student meals provided at no charge
Adult Breakfast \$4.25 & Lunch \$5.75

Happy Birthday to everyone with a birthday
in October! Birthday treat comes with hot
lunch only.

