

October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken & Mashed Potato Bowl with Roll Hot Ham & Cheese on a Pretzel Bun Mashed Potatoes Baby Carrots	2 NO SCHOOL
5 Italian Meatballs & Cheese on a Roll Chicken Nuggets or Plant-Based Nuggets (V) with Roll Oven Fries Baby Carrots	6 Mac & Cheese (V) Walking Taco with Pretzel Stick Green Beans Caesar Salad	7 Hot Dog on a Roll Cheeseburger Mashed Potatoes Green Pepper Strips	8 Toasted Cheese Sandwich (V) Buffalo Chicken & Cheese Flatbread Tomato Soup Corn Salad	9 BBQ Ribby on a Bun Cheese Pizza Roasted Sweet Potatoes Chickpea Salad
12 NO SCHOOL	13 Chicken & Cheese Quesadilla Popcorn Chicken with Buttered Noodles Romaine Side Salad Salsa	14 Hot Ham and Cheese on a Bun Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	15 Breakfast for Lunch: Pancakes with Cheesy Scrambled Eggs Tater Triangles Mandarin Spring Salad	16 Buffalo Chicken Dip with Tortilla Chips Cheese Pizza Sticks with Dipping Sauce (V) Oven Roasted Zucchini Chickpeas
19 Pasta with Meatballs Chicken Patty Sandwich Steamed Mixed Veggies Cucumber Slices	20 Beef Soft Tacos Nachos Grande with Tortilla Chips Refried Beans Lettuce & Tomato	21 Chicken Nuggets with a Dinner Roll Cowboy Burger or Black Bean Burger (V) on a Bun Glazed Carrots Broccoli Salad	22 Italian Toaster Sandwich Chicken Tenders or Plant-based Nuggets (V) with Soft Pretzel Curly Fries Apple Cider Slaw	23 Cheddar Cheese Flatbread Quesadilla (V) Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
26 Breaded Chicken Tenders with Mini Waffles Classic Sloppy Joe Sidewinder Fries Chickpea Salad	27 Chicken Patty on a Bun Walking Taco with Pretzel Stick Mexicali Corn Seasoned Black Beans	28 Chicken Alfredo over Penne with Garlic Bread Turkey Sub with Cheese Steamed Broccoli Celery Sticks with Ranch	29 Bacon Cheeseburger Toasted Cheese Sandwich (V) Tater Tots Tomato Soup	30 Cheese Pizza Corn Dog Steamed Green Beans Baby Carrots

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 \$2.55
Adult \$5.05

Craveables Daily

Monday: Nachos
Tuesday: Breadstick Dippers
Wednesday: Superfruit
Thursday: Uncrustable
Friday: Salad

Fruit & Veggie Selection

Peaches, Pears, Cucumbers, Broccoli and more
Students may choose two ½ cup servings.

Milk Selection

FF Chocolate, FF White, 1% White, Whole Milk

Your Dining Services Team

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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

