

October 2026 Middle School Breakfast and Lunch Menus



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28	9/29	9/30	10/1	10/2
Mini Pancakes Shredded Chicken Taco Baby Carrots Refried Beans Mandarin Oranges Spanish Rice	Sausage & Cheese Biscuit Chicken Tenders + Waffle Fresh Broccoli + Pizza Ranch Tater Tots Orange Smiles	Chocolate Chip Waffle Potstickers Fresh Cucumber Slices Stir Fry Vegetables Fresh Watermelon	Cinnamon Roll Nachos Grape Tomatoes Whole Kernel Corn Fresh Pineapple	Turkey Ham & Cheese Croissant Cheese Stuffed Breadsticks Fresh Cucumber Slices Baby Carrots Fruit Slush
10/5	10/6	10/7	10/8	10/9
French Toast Sticks Shredded Chicken Tacos Baby Carrots Seasoned Black Beans Mandarin Oranges Dinner Roll	Mini Pancakes Buffalo Wings Baby Carrots Celery Sticks Grape Escapes Dinner Roll	Confetti Waffle Orange Chicken + SF Rice Salad w/ Hydroponic Lettuce Mini Cucumbers Fresh Pineapple Vegetable Egg Roll	Churro Muffin BBQ Brisket Sandwich Steamed Green Beans Tater Tots Fresh Cantaloupe	Fall Break
10/12	10/13	10/14	10/15	10/16
Fall Break				
10/19	10/20	10/21	10/22	10/23
Mini Pancakes Frito Pie Baked Beans Baby Carrots Diced Mango Cup	Sausage & Cheese Biscuit Bone-in Chicken Salad w/ Hydroponic Lettuce Mashed Potatoes & Gravy Grape Escapes Biscuit	Confetti Waffle Potstickers Mini Cucumbers Stir Fry Vegetables Fresh Cantaloupe	Cinnamon Roll Nachos Grape Tomatoes Refried Beans Fresh Pineapple	Turkey Ham & Cheese Croissant Mini Corn Dogs Celery Sticks Tater Tots Frozen Peach Cup Cafeteria Circus - Popcorn
10/26	10/27	10/28	10/29	10/30
French Toast Sticks Steak Fingers Baby Carrots Mashed Potatoes & Gravy Tropical Fruit Cup Dinner Roll	Breakfast Taco Mini Corn Dogs Salad w/ Hydroponic Lettuce Baked Beans Mandarin Oranges	Confetti Waffle General Tso's Chicken + LoMein Grape Tomatoes Stir Fried Vegetables Fresh Pineapple Vegetable Egg Roll	Churro Muffin Chicken Masala + Rice Mini cucumbers Chickpeas Fresh Cantaloupe Naan	Turkey Ham & Cheese Croissant Buffalo Boneless Wings Baby Carrots Celery Sticks Dinner Roll Blue Raspberry Slush

EXPRESS MENU
M, W, F Breaded/Spicy Chicken Sandwich Sweet Potato Fries
T, Th Hamburger/Cheeseburger Curly Fries
M - Baby Carrots T, W, Th, F - Side Salad + Banana
Wheat Roll Apple Slices Clementines Sour Watermelon Raisins Strawberry Applesauce Cup

PIZZA LINE MENU
Pepperoni/Cheese Pizza
M - Corn T, W, Th, F - Broccoli + Banana W, Th, F - Strawberry Applesauce Cup
Baby Carrot Fava Bean Crisps Cucumber Apple Slices Clementines Sour Watermelon Raisins
M, F - Peach Cup T - Mandarin Oranges W - Watermelon Th - Cantaloupe

DAILY ITEMS	
<u>Breakfast</u> Assorted Cereals Breakfast Bars Yogurt & Granola Apple Juice Apple Slices Strawberry Apple Sauce Sour Watermelon Raisins Bananas – W,Th,F	<u>Lunch</u> Chicken Caesar Salad – T,W,Th,F Apple Slices Clementines Sour Watermelon Raisins Strawberry Apple Sauce Banana – T,W,Th,F

Menus are subject to change without notice due to price and availability of food

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