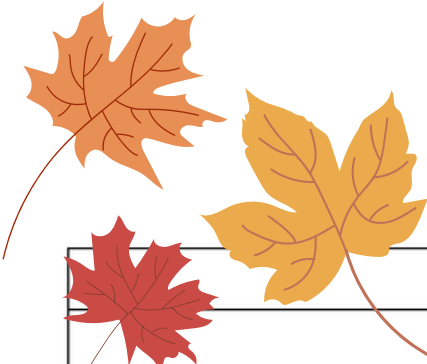




October 2026

Frewsburg MS/HS Lunch

All students are entitled to one free breakfast and one free lunch per day until further notice.

			Thu 1	Fri 2
			HAM SUB TATER TOTS GREEN BEANS CARROTS ASSORTED FRUIT	CHEESE&PEPP. PIZZA STUFFED CRUST PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
Mon 5	Tue 6	Wed 7	Thu 8	Fri 9
CHICKEN PATTY BROCCOLI ASSORTED FRUIT ASSORTED CHIPS	LASAGNA ROLLUP TOSSED SALAD GREEN BEANS ASSORTED FRUIT	MEATBALL SUB CHIPS & SALSA BAKED BEANS ASSORTED FRUIT	CHICKEN ALFREDO TOSSED SALAD CARROTS ASSORTED FRUIT	CHEESE&PEPP. PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
Mon 12	Tue 13	Wed 14	Thu 15	Fri 16
COLUMBUS DAY NO SCHOOL	CHICKEN TENDERS DINNER ROLL BROCCOLI ASSORTED FRUIT	TACOS REFRIED BEANS CORN ASSORTED FRUIT	SWEET & SOUR CHICKEN RICE MIXED VEGETABLES ASSORTED FRUIT	CHEESE&PEPP. PIZZA FRENCH BREAD PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
Mon 19	Tue 20	Wed 21	Thu 22	Fri 23
CHICKEN TENDERS DINNER ROLL BROCCOLI ASSORTED FRUIT	CHEESEBURGER BAKED BEANS GREEN BEANS ASSORTED FRUIT ASSORTED CHIPS	MINI TURKEY SUB TATER TOTS GREEN BEANS CARROTS ASSORTED FRUIT	SLOPPY JOE CHIPS & SALSA CORN ASSORTED FRUIT	CHEESE&PEPP. PIZZA TOSSED SALAD ASSORTED VEGGIES FRESH FRUIT/ JUICE
Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
CHICKEN TENDERS BUTTERED NOODLES BROCCOLI ASSORTED FRUIT	TACOS REFRIED BEANS CORN ASSORTED FRUIT	GENERAL TSO CHICKEN RICE MIXED VEGETABLES ASSORTED FRUIT	MOZZARELLA STICKS BREADSTICKS CARROTS ASSORTED FRUIT MARINARA SAUCE	CHEESE&PEPP. PIZZA QUESADILLA PIZZA ASSORTED VEGGIES FRESH FRUIT/ JUICE

Daily Choices: P. B. & J. SAND · TUNA SALAD SAND · GRILLED CHEESE · CHOCOLATE MILK · WHITE MILK · YOGURT PARFAIT · TOSSED SALAD · FRESH FRUIT/ JUICE
CONDIMENTS: HOT SAUCE · KETCHUP · MUSTARD · RELISH · RANCH DRESSING · ITALIAN DRESSING · HONEY MUSTARD DRESSING · TACO SAUCE
EXTRA LUNCH(\$3.75) **MILK(\$0.75)** **SNACKS(\$0.75)**

ICE CREAM(\$1.50)