

October 2026

EAT SMART
BE SMART

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken Nuggets W/Biscuit Cheeseburger On Bun Mashed Potatoes Baby Carrots	2 Pizza Cheeseburger On Bun Side Salad Red Pepper Strips
5 Chicken Patty On Bun Hot Dog On Bun Oven Fries Baby Carrots	6 Beef Soft Tacos Hot Dog On Bun Rice Black Beans	7 Cheeseburger On Bun Hot Dog On Bun Green Beans Cucumber Slices	8 Grilled Cheese Hot Dog On Bun Tomato Soup Celery w/ranch	9 Pizza Hot Dog on bun Side Salad
12 No School	13 Chicken & Cheese Quesadilla Pasta & Meat Sauce Steamed Corn Salsa	14 Ham & Cheese on Croissant Pasta & Meat Sauce Steamed Broccoli Carrot Sticks	15 Breakfast for Lunch: French Toast Sticks W/sausage Pasta & Meat Sauce Tri-Taters Mandarin Spring Salad	16 Pizza Pasta & Meat Sauce Side Salad
19 Pasta with Meat Sauce Grilled Cheese Green Beans Cucumber Slices	20 Beef Soft Tacos Grilled Cheese Refried Beans Lettuce & Tomato	21 Sweet & Sour Chicken over Rice Grilled Cheese Broccoli Carrot Sticks	22 Meatball Sandwich Grilled Cheese Curry Fries Red Pepper Slices	23 Pizza Grilled Cheese Side Salad
26 Chicken with Mini Waffles Cheeseburger on Bun Crinkle Cut Fries Green Beans	27 Walking Taco Cheeseburger on Bun Seasoned Black Beans Corn	28 Chicken Alfredo over Penne with garlic toast Cheeseburger on Bun Steamed Broccoli Celery Sticks with Ranch	29 Grilled Cheese Sandwich Cheeseburger on Bun Tomato Soup Green Pepper Strips	30 No lunches served Early dismissal

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 \$3.70

Available Daily

Turkey or Ham & Cheese Hoagies
 Uncrustables
 Garden Salad w/ cheese

Fruit & Veggie Selection

Apples, fresh cupped fruit, carrots, celery, bell pepper, cucumbers

Students may choose two ½ cup servings.

Milk Selection

1% or Fat Free Chocolate Milk, Lactose

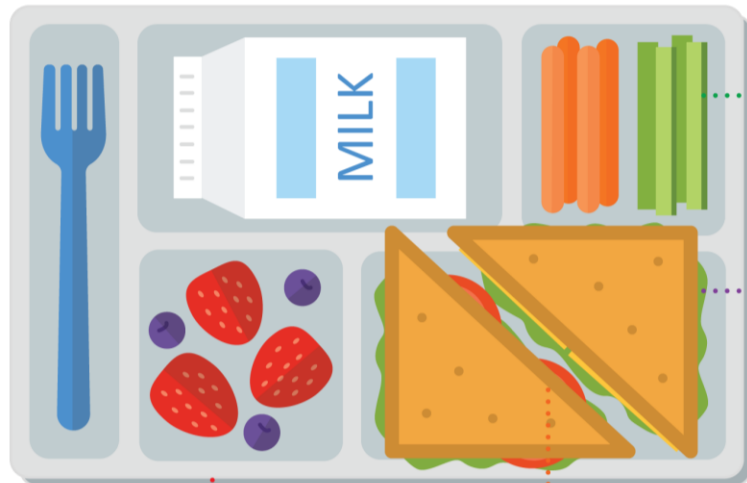
Your Dining Services Team

Nancy Piazza
 Food Service Director
 ma1569@metzcorp.com



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

NUTRI-SERVE
 FOOD MANAGEMENT, INC. by Metz



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

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 of $\frac{1}{2}$ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch: \$3.70

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Meet Your
nutritious friends



YOUR DINING SERVICES TEAM
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