OCTOBER 2026

Health-e Pro

MON	TUE	WED	THU	FRI
		**September 30th**	1 All Beef Hot Dog on Bun Baked Beans Choice Fruit & Milk **D**	2 Grilled Cheese Tomato Soup Choice Fruit & Milk **E**
5 Chicken Nuggets Steamed Corn Choice Fruit & Milk **F**	6 Chicken Fajita with Peppers, Onions & Brown Rice Choice of Fruit & Milk **A**	7 Ernie's Cheese Pizza Quinoa Salad Choice Fruit & Milk **B**	8 Mac & Cheese Cornbread Carrots Choice Fruit & Milk **C**	9 Breaded Mozzarella Sticks Side Salad Choice Fruit & Milk **D**
12 **No School**	13 Chicken Tenders Local Squash Choice of Fruit & Milk **E**	14 French Bread Cheese Pizza Side Salad Choice of Fruit & Milk **F**	15 Bean & Cheese Pupusa Steamed Corn Choice of Fruit & Milk **A**	16 All Beef Sloppy Joe on a bun Green Beans Choice of Fruit & Milk **B**
19 Classic Chicken Sandwich Pickel Coleslaw Choice of Fruit & Milk **C**	20 Loaded Beef Nachos Vegetable Fried Rice Choice of Fruit & Milk **D**	21 Ernie's Cheese Pizza Quinoa Salad Choice of Fruit & Milk **E**	22 Hamburger or Cheeseburger Sweet Potato Fries Choice of Fruit & Milk **F**	23 Mini Chicken Corn Dogs Fries Choice of Fruit & Milk **A**
26 Chicken Enchilada Empanada Corn Choice of Fruit & Milk **B**	27 Mini Cheddar Pierogies Side Salad Choice of Fruit & Milk **C**	28 Pizza Boli Three Bean Salad Choice of Fruit & Milk **D**	29 Pasta with Meat Sauce Garlic Breadstick Green Beans Choice of Fruit & Milk **E**	30 Strawberry Pancake Puffs Hashbrown Pork Bacon Choice of Fruit & Milk **F**

ANNOUNCEMENTS

Available Every Day

Bento Bag - yogurt, cheese stick, cheerio bowl, apple slices, carrot sticks

Made to Order Sandwich- Choice of sliced wheat bread, **gluten free bread** and wraps. Turkey, Ham, Tuna, Cheese, Sunbutter & Jelly.

Made to Order Salad- Protein choices: Chicken. Beans, Turkey, Ham, Egg, Cheese.

Sept. 30th The Cafeteria will be celebrating **World School Milk Day.**

MEAL PRICES

Lunch	$3.60
Extra Entree (Hearty)	$1.75
Milk	$ .65
Chips	$1.10
Ice Cream	$1.75

To add money to Account:

- Mypaymentsplus.com
- Cash in a labeled envelope
- Checks made payable to BRS Lunch Program
- Label Meal or General Account

Meal account = 1 complete meal per day

General = ala carte items, milk, ice cream, snacks, extra entree

NOTES

Milk is offered with all meals. Choice of Mountain Dairy 1% or Fat Free Chocolate. **Lactaid Free Milk** is available upon request.
Rainbow Traw is offered every day. Choices may consist of cucumber, broccoli, carrot, tomato, peppers, salads, beans, fresh and canned fruit.
Whenever possible local produce is used.

A complete school lunch includes 5 meal components: Milk, Fruit, Vegetable, Grains, and Meat/Meat Alternate. Students must select at least 3 of these 5 components, and one of the selections must be at least a ½ cup serving of a fruit or a vegetable.

For detailed menu and nutritional information click the link below
View the Current Cafeteria Menu

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