NUTRITION SERVICES
Natomas Unified School District

SECONDARY LUNCH
OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Crispy Chicken Bowl with Mashed Potatoes & Corn Crispy Kickin' Chicken Bowl with Mashed Potatoes & Corn	**2** Beef & Cheese Crispy Tacos Bean & Veggie Crispy Tacos
5 Chicken Sandwich with Wedge Fries Kickin' Chicken Sandwich with Wedge Fries	**6** Loaded Nachos Vegetarian Loaded Nachos	**7** Chicken Teriyaki with Brown Rice Hot Honey Sriracha Vegan Meatballs with Brown Rice *Entrées served with Roasted Carrots*	**8** Cheeseburger with Wedge Fries Black Bean Chipotle Burger with Wedge Fries	**9** Penne & Italian Beef Meatballs Penne & Meatless Meatballs *Entrées served with Garlic Breadstick Caesar Salad*
12 Chicken Wings & Honey Biscuit Cheesy Garlic Bread Twists *Marinara Dipping Cup*	**13** Pork Carnitas Burrito Bowl Vegan Burrito Bowl	**14** Crispy Orange Chicken with Brown Rice Kickin' Orange Chicken with Brown Rice *Entrées served with Roasted Broccoli*	**15** Crispy Chicken Bowl with Mashed Potatoes & Corn Crispy Kickin' Chicken Bowl with Mashed Potatoes & Corn	**16** Beef & Cheese Crispy Tacos Bean & Veggie Crispy Tacos
19 Chicken Sandwich with Wedge Fries Kickin' Chicken Sandwich with Wedge Fries	**20** Loaded Nachos Vegetarian Loaded Nachos	**21** Chicken Teriyaki with Brown Rice Hot Honey Sriracha Vegan Meatballs with Brown Rice *Entrées served with Roasted Carrots*	**22** Cheeseburger with Wedge Fries Black Bean Chipotle Burger with Wedge Fries	**23** Penne & Italian Beef Meatballs Penne & Meatless Meatballs *Entrées served with Garlic Breadstick Caesar Salad*
26 Chicken Wings & Honey Biscuit Cheesy Garlic Bread Twists *Marinara Dipping Cup*	**27** Pork Carnitas Burrito Bowl Vegan Burrito Bowl	**28** Crispy Orange Chicken with Brown Rice Kickin' Orange Chicken with Brown Rice *Entrées served with Roasted Broccoli*	**29** Cheeseburger with Wedge Fries Black Bean Chipotle Burger with Wedge Fries	**30** Beef & Cheese Crispy Tacos Bean & Veggie Crispy Tacos

ROTATING COLD ENTRÉES

Southwest Chicken Salad
Chef Salad
Buffalo Chicken Wrap
Turkey Wrap

DAILY OPTIONS

Hummus Bowl
Berry Parfait

MILK

2% White Milk
Fat Free Chocolate Milk

MENU KEY

Vegetarian Option
Contains Pork
Freshly Prepared from Central Kitchen

Fresh Fruits & Veggies Served Daily

PIZZA SERVED DAILY
AVAILABLE AT THE SNACK BAR WINDOW

This institution is an equal opportunity provider.
This menu is subject to change.