

OCTOBER 2026 - COUNCIL BLUFFS

MIDDLE SCHOOL - LUNCH MENU

Week	Mon	Tues	Wed	Thurs	Fri
				1	2
1				*Teriyaki Chicken w/ Woodles *Wild Mike's Pizza Bites** *Yogurt w/ Banana Bread** Cherry Tomatoes Broccoli Pineapple, Fresh Fruit Milk	*Crunchy Chix Sand- Bun *Cheese Pizza** *Yogurt-Breadstick** *Chef Salad-Breadstick Corn Carrots Fresh Fruit Sun Chips- Salsa
	5	6	7	8	9
2	*Chicken Parm- Bun *Stuffed Crust Pepp Pizza *Yogurt- Poptart** Green Beans Carrots- Broccoli Juice Milk	*Beef Tacos *Pizza Crunchers** *Yogurt-Donut** Refried Beans Celery Peaches Fresh Fruit Tortilla Chips	*Crispitos w/ Cheese *Chicken Tenders- Roll *Yogurt-Breadstick** *Chef Salad- Breadstick Steamed Broccoli Carrots-Celery Sticks Applesauce	*Buffalo Chicken Wrap *Fiestada *Yogurt-Donut** Corn Cucumbers Apple of the Month	*3' Party Sub *Wild Mike's Pizza Bites** *Yogurt- Breadstick** Carrots Celery Sticks Mandarin Oranges Sun Chips
	12	13	14	15	16
3 NSLN	*Breaded Dill Chicken Breast- Bun *Hot Dog- Bun *Yogurt- Caramel Cinni Mini** Baked Beans Broccoli Strawberry Fruit Cocktail Milk	*Chicken Tinga Totchos *Cheese Stuffed Breadsticks** *Yogurt- Poptarts** Carrots-Broccoli Coleslaw Pears Fresh Fruit	*Garlic Pickle Pizza** *Garlic Cheese Pizza** *PB&J w/ String Cheese** *Yogurt-Breadstick** Green Beans Carrots Great Apple Crunch! Peaches	*Mashed Potato Bowl *Breakfast Eggrolls (2) *Yogurt- Donut** Cauliflower Carrots Scooby Snacks Juice Power Jello III (1/2 cup)	*Mandarin Orange Chicken-Rice *Pizza Burger- Bun *Yogurt- Bagel** Green Pepper Strips Red Pepper Strips Pineapple
	19	20	21	22	23
4	*Personal Round Pepp Pizza *Mini Corndogs *Yogurt-Cake Donut** Corn Carrots Fruit Cocktail Goldfish	*Chicken Patty- Bun *Cheese-Stuffed Breadsticks** *Yogurt- Breadstick** Tossed Spinach Salad Carrots- Peppers Peaches Sun Chips	*Walking Tacos *PB&J w/ String Cheese** *Yogurt- Breadstick** *Chef Salad-Breadstick Baked Beans Carrots- Jicama Pineapple	*Pork Tamale *Ham, Egg & Cheese Breakfast Sandwich *Yogurt-Nutrigrain Bar** Tossed Salad Cucumbers-Carrots Pears Fresh Fruit	*Soup & Sandwich *Yogurt- Breadstick** *Chef Salad- Roll Green Beans Broccoli Sour Cherry Sidekicks
	26	27	28	29	30
5	*Halloween Chicken Nuggets w/ Roll *Ham&Chz Croissant Combi *Yogurt-Breadstick** *Fruit Platter** Ranch French Fries Carrots-Celery Sticks Blushing Pears	*Baked Potato Bar *Wild Mike's Pizza Bites** *Yogurt-Donut** *Chef Salad-Breadstick Baked Beans Cucumbers Celery Peaches, Fresh Fruit	*Hot Dog- Bun *Spaghetti- Breadstick *Yogurt- Breadstick** *Chef Salad- Breadstick Tossed Salad Carrots-Broccoli Juice Scooby Snacks	Remote Learning Day No School	No School

See ** for meat free options *Menu subject to change without notice *Milk offered daily

*This institution is a equal opportunity provider

Council Bluffs Schools participates in the fresh fruit & vegetable program