

Mount Calm ISD

Elementary Lunch

Elementary Oct,26

Aug 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Golden crispy chicken Green Beans LS DIRTY POTATOES CREAM GRAVY Baby Carrots Wheat Roll 1 oz. PEARS, FRESH WATERMELON,CHU White Milk Chocolate Milk Ketchup	Oct - 2 Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Pineapple Chocolate Milk White Milk Ranch package
Oct - 5 Hamburger Burger Salad Baked sour cream&oni Baby Carrots BROCCOLI,raw STRAWBERRIES,FRE Applesauce Chocolate Milk White Milk Mayonnaise Ketchup	Oct - 6 Beef Nachos PINTO BEANS Baby Carrots Garden Spinach Salad Cornbread STRAWBERRIES,FRE HONEY DEW Chocolate Milk White Milk Ranch package Salsa	Oct - 7 BARBECUED CHICKE vegetarian Beans Broccoli POTATO SALAD Cucumbers Sliced Garden Spinach Salad WATERMELON,CHU Orange Wheat Roll 1 oz. Chocolate Milk White Milk	Oct - 8 CHEF SALAD Peanut Butter & Jelly Baby Carrots Celery Sticks Garden Spinach Salad Wheat Roll 1 oz. PEARS, FRESH Apple White Milk Chocolate Milk Ranch package	Oct - 9 Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Pineapple Chocolate Milk White Milk Ranch package
Oct - 12 HOLIDAY	Oct - 13 HOLIDAY	Oct - 14 HOLIDAY	Oct - 15 HOLIDAY	Oct - 16 HOLIDAY
Oct - 19 Steak Fingers Mashed Potatoes LS CREAM GRAVY MIXED VEGETABLES Cucumbers Sliced WATERMELON,CHU Orange Wheat Roll 1 oz. Chocolate Milk White Milk Ketchup	Oct - 20 Beef Taco Corn&Black Bean Fiest Spanish Rice Garden Spinach Salad BROCCOLI,RAW Banana Grapes White Milk Chocolate Milk Salsa	Oct - 21 CHICKEN ALFREDO PEAS & CARROTS Cucumbers Sliced Garden Spinach Salad Celery Sticks Garlic bread sticks WG PLUMS,FRESH PEACHES,FRESH Chocolate Milk White Milk	Oct - 22 Baked Potato w/Ham Green Beans LS Garden Spinach Salad Cucumbers Sliced Wheat Roll 1 oz. Banana TANGERINES,FRESH White Milk Chocolate Milk	Oct - 23 Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Banana Chocolate Milk White Milk Ranch package
Oct - 26 Potato Crunch Pollock Cream and Cheese CREAMY COLE SLA Cucumbers Sliced Garden Spinach Salad Orange WATERMELON,CHU Wheat Roll 1 oz. White Milk Chocolate Milk Ketchup TARTER SAUCE, PA	Oct - 27 Beef Taco Corn&Black Bean Fiest Spanish Rice Garden Spinach Salad BROCCOLI,RAW Banana Grapes White Milk Chocolate Milk Salsa	Oct - 28 Salisbury Steak Mashed Potatoes LS California Blend Garden Spinach Salad Celery Sticks Wheat Roll 1 oz. PLUMS,FRESH PEACHES,FRESH Chocolate Milk White Milk	Oct - 29 Golden crispy chicken Green Beans LS DIRTY POTATOES CREAM GRAVY Baby Carrots Wheat Roll 1 oz. PEARS, FRESH WATERMELON,CHU White Milk Chocolate Milk Ketchup	Oct - 30 Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Pineapple Chocolate Milk White Milk Ranch package

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***N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.**

*** - denotes combined nutrient totals with either missing or incomplete nutrient data.**

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Mount Calm ISD
Breakfast K-12
001 - Mt. Calm ISD 00586
Breakfast Oct 26

Aug 6, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Waffles Cinnamon Toast Crunc Coco Puff Cereal Juice Apple 100% Sun Bread 100 % Wheat Orange Fruit Cocktail Chocolate Milk White Milk Syrup	Oct - 2 Strawberry Boli Trix Cereal 25% less s Cinnamon Toast Crunc Wheat Bread Orange Grapes Apple Juice Chocolate Milk White Milk Jelly
Oct - 5 Sausage Bagel Pizza Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk White Milk Jelly	Oct - 6 Blueberry Bagels Cream Cheese Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su Pears strawberries diced cup Chocolate Milk White Milk Jelly	Oct - 7 SCRAMBLED EGGS Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Oct - 8 Pancakes Maple Flavo Coco Puff Cereal Cinnamon Toast Crunc Bread 100 % Wheat Juice Apple 100% Sun Orange Fruit Cocktail Chocolate Milk White Milk Syrup Jelly	Oct - 9 Sausage & Cheese Cro Trix Cereal 25% less s Cinnamon Toast Crunc Bread 100 % Wheat Juice Apple 100% Sun craisins Applesauce White Milk Chocolate Milk
Oct - 12 HOLIDAY	Oct - 13 HOLIDAY	Oct - 14 HOLIDAY	Oct - 15 HOLIDAY	Oct - 16 HOLIDAY
Oct - 19 Sausage Bagel Pizza Trix Cereal 25% less s Coco Puff Cereal Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk White Milk Jelly	Oct - 20 BAGELS,CINNAMON- Cream Cheese Cinnamon Toast Crunc Trix Cereal 25% less s Bread 100 % Wheat Orange Juice 100% Su Pears strawberries diced cup Chocolate Milk White Milk Jelly	Oct - 21 SCRAMBLED EGGS Sausage Links Cinnamon Toast Crunc Cereal Frosted Flake Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Oct - 22 French Toast Sticks W Cinnamon Toast Crunc Trix Cereal 25% less s Bread 100 % Wheat Juice Apple 100% Sun Orange Fruit Cocktail Chocolate Milk White Milk Syrup Jelly	Oct - 23 Cinnamon Swirls Yogurt Light & Fit Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Mandarin Oranges strawberries diced cup Juice Apple 100% Sun Chocolate Milk White Milk Jelly
Oct - 26 Sausage Roll WW Cinnamon Toast Crunc Cereal Frosted Flake Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk White Milk Mustard Jelly	Oct - 27 Biscuits WW 2 oz. 57 g Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su peaches Frozen strawberries diced cup Chocolate Milk White Milk Jelly	Oct - 28 SCRAMBLED EGGS Yogurt Light & Fit Cinnamon Toast Crunc Lucky Charms Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Oct - 29 Waffles Cinnamon Toast Crunc Coco Puff Cereal Juice Apple 100% Sun Bread 100 % Wheat Orange Fruit Cocktail Chocolate Milk White Milk Syrup	Oct - 30 Strawberry Boli Trix Cereal 25% less s Cinnamon Toast Crunc Wheat Bread Orange Grapes Apple Juice Chocolate Milk White Milk Jelly

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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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Mount Calm ISD
Breakfast K-12
001 - Mt. Calm ISD 00586
Breakfast Sept, 26

Aug 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 Biscuits WW 2 oz. 57 g Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su peaches Frozen strawberries diced cup Chocolate Milk White Milk	Sep - 2 SCRAMBLED EGGS Yogurt Light & Fit Cinnamon Toast Crunc Lucky Charms Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Sep - 3 Waffles Cinnamon Toast Crunc Coco Puff Cereal Juice Apple 100% Sun Bread 100 % Wheat Orange Fruit Cocktail Chocolate Milk White Milk Syrup	Sep - 4 Strawberry Boli Trix Cereal 25% less s Cinnamon Toast Crunc Wheat Bread Orange Grapes Apple Juice Chocolate Milk White Milk Jelly
Sep - 7 HOLIDAY	Sep - 8 Blueberry Bagels Cream Cheese Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su Pears strawberries diced cup Chocolate Milk White Milk	Sep - 9 SCRAMBLED EGGS Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Sep - 10 Pancakes Maple Flavo Coco Puff Cereal Cinnamon Toast Crunc Bread 100 % Wheat Juice Apple 100% Sun Orange Fruit Cocktail Chocolate Milk White Milk Syrup Jelly	Sep - 11 Sausage &Cheese Cro Trix Cereal 25% less s Cinnamon Toast Crunc Bread 100 % Wheat Juice Apple 100% Sun craisins Applesauce White Milk Chocolate Milk
Sep - 14 Sausage Roll WW Cinnamon Toast Crunc Cereal Frosted Flake Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk White Milk Mustard Jelly	Sep - 15 Biscuits WW 2 oz. 57 g Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su peaches Frozen strawberries diced cup Chocolate Milk White Milk	Sep - 16 SCRAMBLED EGGS Yogurt Light & Fit Cinnamon Toast Crunc Lucky Charms Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Sep - 17 Waffles Cinnamon Toast Crunc Coco Puff Cereal Juice Apple 100% Sun Bread 100 % Wheat Orange Fruit Cocktail Chocolate Milk White Milk Syrup	Sep - 18 Strawberry Boli Trix Cereal 25% less s Cinnamon Toast Crunc Wheat Bread Orange Grapes Orange Juice 100% Su Chocolate Milk White Milk Jelly
Sep - 21 Sausage Bagel Pizza Trix Cereal 25% less s Coco Puff Cereal Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk White Milk Jelly	Sep - 22 BAGELS,CINNAMON- Cream Cheese Cinnamon Toast Crunc Trix Cereal 25% less s Bread 100 % Wheat Orange Juice 100% Su Pears strawberries diced cup Chocolate Milk White Milk Jelly	Sep - 23 SCRAMBLED EGGS Sausage Links Cinnamon Toast Crunc Cereal Frosted Flake Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly	Sep - 24 French Toast Sticks W Cinnamon Toast Crunc Trix Cereal 25% less s Bread 100 % Wheat Juice Apple 100% Sun Orange Fruit Cocktail Chocolate Milk White Milk Syrup Jelly	Sep - 25 Cinnamon Swirls Yogurt Light & Fit Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Mandarin Oranges strawberries diced cup Juice Apple 100% Sun Chocolate Milk White Milk Jelly
Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 28 Sausage Roll WW Cinnamon Toast Crunc Cereal Frosted Flake Bread 100 % Wheat Pears Applesauce Orange Juice 100% Su Chocolate Milk Mustard Jelly	Sep - 29 Biscuits WW 2 oz. 57 g Sausage Links Cinnamon Toast Crunc Coco Puff Cereal Bread 100 % Wheat Orange Juice 100% Su peaches Frozen strawberries diced cup Chocolate Milk White Milk Jelly	Sep - 30 SCRAMBLED EGGS Yogurt Light & Fit Cinnamon Toast Crunc Lucky Charms Cereal Bread 100 % Wheat Juice Apple 100% Sun Raisins unsweetened BLUEBERRIES,Fresh Chocolate Milk White Milk Jelly		

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Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1	Sep - 2	Sep - 3	Sep - 4
	Hamburger Burger Salad Baked sour cream&oni Baby Carrots BROCCOLI,raw STRAWBERRIES,FRE Applesauce Chocolate Milk White Milk Mayonnaise Ketchup	LASAGNA WITH GRO Green Beans LS Garden Spinach Salad Cucumbers Sliced Garlic bread sticks WG Banana TANGERINES,FRESH White Milk Chocolate Milk	Golden crispy chicken Green Beans LS DIRTY POTATOES CREAM GRAVY Baby Carrots Wheat Roll 1 oz. PEARS, FRESH WATERMELON,CHU White Milk Chocolate Milk Ketchup	Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Pineapple Chocolate Milk White Milk Ranch package
Sep - 7	Sep - 8	Sep - 9	Sep - 10	Sep - 11
HOLIDAY	Beef Nachos PINTO BEANS Baby Carrots Garden Spinach Salad Cornbread STRAWBERRIES,FRE HONEY DEW Chocolate Milk White Milk Ranch package Salsa	BARBECUED CHICKE vegetarian Beans Broccoli POTATO SALAD Cucumbers Sliced Garden Spinach Salad WATERMELON,CHU Orange Wheat Roll 1 oz. Chocolate Milk White Milk	CHEF SALAD Peanut Butter & Jelly Baby Carrots Celery Sticks Garden Spinach Salad Wheat Roll 1 oz. PEARS, FRESH Apple White Milk Chocolate Milk Ranch package	Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Pineapple Chocolate Milk White Milk Ranch package
Sep - 14	Sep - 15	Sep - 16	Sep - 17	Sep - 18
Chicken Nuggets Mashed Potatoes LS Green Beans LS Wheat Roll 1 oz. Garden Spinach Salad BROCCOLI,RAW Banana PLUMS,FRESH White Milk Chocolate Milk	Spaghetti California Blend Garden Spinach Salad Celery Sticks TOMATOES, CHERR Banana NECTARINES,FRESH Garlic bread sticks WG Chocolate Milk White Milk Ranch package	Corn Dog WG Rosemary new potatoe BLACK-EYED PEAS Garden Spinach Salad BROCCOLI,RAW Apple Grapes White Milk Chocolate Milk Ketchup Mustard	Tangerine Chicken BROWN RICE PILAF Broccoli Garden Spinach Salad Baby Carrots WATERMELON,CHU STRAWBERRIES,FRE Wheat Roll 1 oz. White Milk Chocolate Milk	SUB. SANDWICH Peanut Butter & Jelly Baked sour cream&oni Burger Salad Cucumbers Sliced Celery Sticks Orange Apple Chocolate Milk White Milk Ranch package Mayonnaise Mustard
Sep - 21	Sep - 22	Sep - 23	Sep - 24	Sep - 25
Steak Fingers Mashed Potatoes LS CREAM GRAVY MIXED VEGETABLES Cucumbers Sliced WATERMELON,CHU Orange Wheat Roll 1 oz. Chocolate Milk White Milk Ketchup	Beef Taco Corn&Black Bean Fiest Spanish Rice Garden Spinach Salad BROCCOLI,RAW Banana Grapes White Milk Chocolate Milk Salsa	CHICKEN ALFREDO PEAS & CARROTS Cucumbers Sliced Garden Spinach Salad Celery Sticks Garlic bread sticks WG PLUMS,FRESH PEACHES,FRESH Chocolate Milk White Milk	Baked Potato w/Ham Green Beans LS Garden Spinach Salad Cucumbers Sliced Wheat Roll 1 oz. Banana TANGERINES,FRESH White Milk Chocolate Milk	Pepperoni Pizza WW CORN ON THE COB Cucumbers Sliced Garden Spinach Salad Mandarin Oranges Banana Chocolate Milk White Milk
Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 28	Sep - 29	Sep - 30		
Potato Crunch Pollock Mac and Cheese CREAMY COLE SLA Cucumbers Sliced Garden Spinach Salad Orange WATERMELON,CHU Wheat Roll 1 oz. White Milk Chocolate Milk Ketchup TARTER SAUCE, PA	Beef Taco Corn&Black Bean Fiest Spanish Rice Garden Spinach Salad BROCCOLI,RAW Banana Grapes White Milk Chocolate Milk Salsa	Salisbury Steak Mashed Potatoes LS California Blend Garden Spinach Salad Celery Sticks Wheat Roll 1 oz. PLUMS,FRESH PEACHES,FRESH Chocolate Milk White Milk		

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