

Time For Lunch!

Elementary School Lunch Menu

OCTOBER

A reimbursable student lunch must consist of at least **THREE** components (food groups).

At least one of the three components must be a 1/2-cup serving of fruit and/or vegetables.



In addition to the daily entrée and hot vegetable choices listed on the menu below, students will be offered fresh vegetables, fresh fruit, chilled fruit and milk daily. Water is also available in every cafeteria.



Daily milk choices include:

1% white and
1% chocolate

MONDAY

TUESDAY

WEDNESDAY

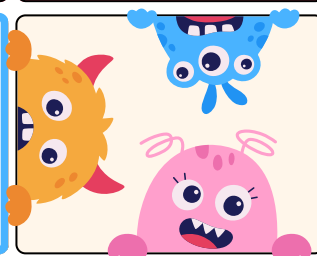
THURSDAY

FRIDAY



For the duration of the 2026-2027 school year, the Food Service Department will be offering one free reimbursable school lunch daily to any student who qualifies for

FREE OR REDUCED PRICE SCHOOL MEALS.



Day 5 **5**
① **Cheese Pizza Crunchers**
② **PB&J Uncrustable w/ String Cheese**
Mixed Veggie Medley

Day 6 **6**
① **Cheeseburger**
② **Chicken Ranch Wrap**
Boston Baked Beans

Day 1 **7**
① **French Bread Pepperoni Pizza**
② **Grilled Chicken Sandwich**
Steamed Corn

Day 2 **8**
① **Spaghetti w/ Italian Meat Sauce & Garlic Texas Toast**
② **Hot Ham & Cheese Sandwich**
Steamed Broccoli

Day 3 **9**
① **Crispy Chicken Sandwich**
② **Cheese Pizza**
Smile Potatoes
Bug Bites Graham Crackers

Day 4 **12**
① **Portesi Cheese Fries w/ Sauce**
② **PB&J Uncrustable w/ String Cheese**
Savory Green Beans

Day 5 **13**
① **Macaroni & Cheese**
② **Hot Ham & Cheese Sandwich**
Steamed Broccoli
Chocolate Chip Cookie

Day 6 **14**
① **Pork Walking Taco**
② **Cheese Quesadilla**
Steamed Corn

Day 1 **15**
① **Popcorn Chicken & Mashed Potato Bowl w/ Bread**
② **Chicken Ranch Wrap**
Mixed Veggie Medley

Day 2 **16**
① **Classic Corn Dog**
② **Cheese Pizza**
Boston Baked Beans
FREEZIE FRIDAY

Day 3 **19**
① **Cheesy Breadsticks w/ Dipping Sauce**
② **PB&J Uncrustable w/ String Cheese**
Savory Green Beans

Day 4 **20**
① **Cheeseburger**
② **BBQ Pork Sandwich**
Boston Baked Beans

Day 5 **21**
① **Chicken Pasta Alfredo w/ Garlic Texas Toast**
② **Turkey BLT Wrap**
Steamed Broccoli
Bug Bites Graham Crackers

Day 6 **22**
① **Cheese Pizza Crunchers**
② **Hot Ham & Cheese Sandwich**
Steamed Corn

NO SCHOOL TODAY

Day 1 **26**
① **Crispy Chicken Sandwich**
② **PB&J Uncrustable w/ String Cheese**
Crinkle Cut Fries

Day 2 **27**
① **Sloppy Joe Sandwich**
② **BBQ Pulled Chicken Sandwich**
Boston Baked Beans

Day 3 **28**
① **Sweet & Sour Chicken over Rice**
② **Chicken Ranch Wrap**
Steamed Broccoli
Cinnamon Goldfish Graham's

Day 4 **29**
① **Portesi Cheese Fries w/ Sauce**
② **Ham & Cheese Sandwich**
Steamed Corn

HAPPY HALLOWEEN!

SCHOOL LUNCH IS MONSTEROUSLY DELICIOUS!



MILK IS ONLY FREE WHEN TAKEN AS PART OF A COMPLETE SCHOOL MEAL

If your student takes a carton of milk without a complete school meal, please be aware that their food service account will be charged 50¢.



Student Lunch: **\$2.40**
Non-Student Lunch: **\$5.00**



OCTOBER ~~~~~ FOOD SERVICE NEWS



Kale is the October Harvest of the Month



Follow us on Facebook throughout the month of October for more kale fun facts, recipes and activities.

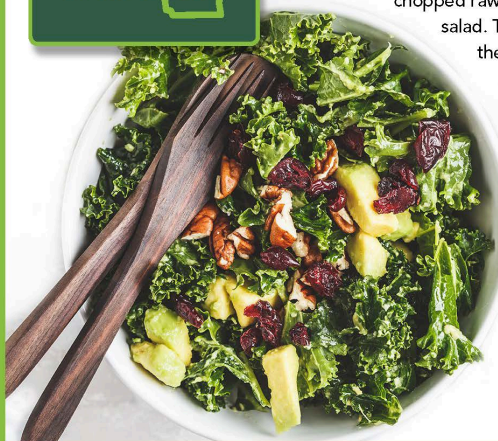


KIDS IN THE KITCHEN

Kids can use their clean hands to rub chopped raw kale before adding it to a salad. This is called "massaging" the kale, which helps to soften it.



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program-SNAP and Expanded Food and Nutrition Education Program-EPNEP. The University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.



KALE: QUICK AND EASY

- Add fresh kale to smoothies or salads
- Steam fresh kale and season with lemon juice, olive oil, salt, and pepper
- Mix chopped kale into soup, pasta, or stir fry



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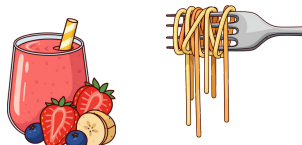


WHAT'S HAPPENING?

OCTOBER ~~~~~

- 3 Smoothie Day
- 6 Taco Day
- 6 Noodle Day
- 7 Kale Day
- 8 Pierogi Day
- 11 Sausage Pizza Day
- 12 Gumbo Day
- 15 Mushroom Day
- 16 Bread Day
- 17 Pasta Day
- 21 Apple Day
- 22 Nut Day
- 24 Bologna Day
- 26 Pumpkin Day
- 29 Oatmeal Day

- National Pizza Month
- National Pasta Month
- National Apple Month
- National Seafood Month



HAIL TO THE KALE: SMALL LEAF, BIG POWERS

Kale: the leaf that spent decades quietly sitting on the sidelines before launching a full-blown culinary takeover! This leafy superstar is practically a multivitamin in disguise, packing more Vitamin C per cup than a whole orange, along with massive doses of Vitamins A and K. Remarkably resilient in the garden, kale is naturally cold-hardy and actually gets sweeter after a winter frost because the drop in temperature converts its starches into sugar like a natural antifreeze. It's also an absolute calcium champion, boasting more of the essential bone-building mineral per calorie than whole milk. Whether you toss it in a bright vinaigrette, bake it into addictively crispy chips, or blend it into a morning smoothie, kale has earned its crown as the ultimate green powerhouse. It's vegetable royalty!



Visit our website for more Food Service News

Check out the latest menus and meal pricing, past and current events, parent resources, and get answers to a number of frequently asked questions.



pointschools.net/departments/food-service