

October 2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 1) Dutch Waffles (V) Warm Blueberry Compote Sausage & Hashbrown 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	2 1) American Chop Suey Garlicky Green Beans Warm Breadstick 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
5 1) Pulled Pork BBQ Sandwich Mashed Sweet Potatoes Pear Cobbler 2) Sunbutter & Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)	6 1) Teriyaki Chicken Veggie Oven Fried Rice Fortune Cookie 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	7 1) Tony's Individual Pizza! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	8 1) Clocker Favorite! Buffalo Chicken Dip with (V) Veggie Sticks and Tortilla Chips 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	9 Teachers Professional Development Half Day Bagged Lunch Bagel Fun Lunch Or Sunbutter & Jelly Sandwich
12 No School Indigenous Peoples' Day	13 1) Sloppy Joe's (V) Seasoned Sweet Peas Potato Wedge Fries Ham & Cheese Sandwich 3) Bagel Fun Lunch (V) 2)	14 1) Pizza Party! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	15 1) Chicken Broccoli Ziti (V) Garlic Knot 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	16 1) Ham & Cheddar Cheese Panini Roasted Butternut, Pear & Barley Salad and Smiley Fries 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
19 1) French Toast (V) with Vermont Maple Syrup Sausage, Hashbrown Potatoes 2) Sunbutter & Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)	20 1) Salsa Chicken Cilantro Lime Rice and Buttered Corn 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	21 1) Pizza Party! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	22 1) Crispy Chicken Drumstick Roasted Potatoes Broccoli Cranberry Salad 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	23 1) Meatball Sub Sandwich Garlicky Green Beans Veggie Pasta Salad 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
26 1) "Big Blue Chili Potato Bar" Wedge Fries Topped with Homemade Chili (V) 2) Sunbutter & Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)	27 Teacher Conferences Half Day Bagged Lunch Bagel Fun Lunch Or Sunbutter & Jelly Sandwich	28 Teacher Conferences Half Day Bagged Lunch Bagel Fun Lunch Or Sunbutter & Jelly Sandwich	29 Teacher Conferences Half Day Bagged Lunch Bagel Fun Lunch Or Sunbutter & Jelly Sandwich	30 1) Warm Cheesy Bites (V) With Tomato Dipping Sauce Parmesan Roasted Cauliflower 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich

- V is or can be made vegetarian.
- Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.
- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.
- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.

Comments or concerns? Contact the Nutrition Services department at 508-881-0165.

For a translated version of this menu, visit ashland.k12.ma.us/Nutrition or scan the QR code.

