



October 2026

Lunch Menu

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

- 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.

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



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