



October 2026 Lunch Menu

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

- 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.