



# Zanesville City School District John McIntire Elementary

October  
2026

## Lunch Menu

| MONDAY                                                                                                                                                                         | TUESDAY                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                          | THURSDAY                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>28</b><br><br>Daily Lunch Nutritional Requirements Grain: 1oz eq<br>Fruit: .5c Veg: .75c M/MA: 1oz eq Milk: 1c                                                              | <b>29</b>                                                                                                                                                                                    | <b>30</b>                                                                                                                                                          | <b>1</b><br><br>Beefy Nachos w/Cheese Sauce<br><br>Salsa<br>Steamed Corn<br>Baby Carrots<br>Applesauce<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk      | <b>2</b><br><br>Cheesy Garlic Pull-Apart Bread<br><br>Marinara Sauce<br>Roasted Broccoli<br>Baby Carrots<br>Mandarin Oranges<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk |
| <b>5</b><br><br>Crispy Chicken Tenders<br>Mashed Potatoes<br>Celery Sticks<br>Diced Peaches<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk             | <b>6</b><br><br>Cheeseburger on WG Bun<br>Steamed Green Beans<br>Celery Sticks<br>Mixed Fruit<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk                         | <b>7</b><br><br>Choice of Pizza<br>Garden Salad<br>Celery Sticks<br>Pineapple Tidbits<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk       | <b>8</b><br><br>Fluffy Pancakes<br>Easy Egg Bake<br>Sweet Potato Tots<br>Celery Sticks<br>Applesauce<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk        | <b>9</b><br><br>Grilled Cheese Sandwich<br>Homemade Chicken Noodle Soup<br>Celery Sticks<br>Mandarin Oranges<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk                 |
| <b>12</b><br><br>Corn Dog<br>Baked Beans, Vegetarian<br>Red Pepper Strips<br>Diced Peaches<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk            | <b>13</b><br><br>Pasta w/ Hearty Meat Sauce<br>Garlic Toast<br>Roasted Broccoli<br>Red Pepper Strips<br>Mixed Fruit<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk | <b>14</b><br><br>Choice of Pizza<br>Garden Salad<br>Red Pepper Strips<br>Pineapple Tidbits<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk  | <b>15</b><br><br>Roasted Beef Hot Dog on a Bun<br>French Fries<br>Red Pepper Strips<br>Applesauce<br>Banana<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk                 | <b>16</b><br><br>Walking Taco<br>Salsa<br>Black Beans<br>Red Pepper Strips<br>Mandarin Oranges<br>Banana<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk                                     |
| <b>19</b><br><br>Crispy Chicken Patty on WG Bun<br>Tater Tots<br>Cauliflower Floret<br>Diced Peaches<br>Banana<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk        | <b>20</b><br><br>Cheese Tortellini w/Meat Sauce<br>Garlic Toast<br>Roasted Broccoli<br>Cauliflower Floret<br>Mixed Fruit<br>Banana<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk  | <b>21</b><br><br>Choice of Pizza<br>Garden Salad<br>Cauliflower Floret<br>Pineapple Tidbits<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk | <b>22</b><br><br>Cheeseburger on WG Bun<br>Seasoned Ranch Wedges<br>Cauliflower Floret<br>Applesauce<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk          | <b>23</b> <b>HOM - Broccoli</b><br><br>Crispy Chicken Nuggets<br>Sweet Potato Tots<br>Cauliflower Floret<br>Mandarin Oranges<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk   |
| <b>26</b><br><br>Macaroni & Cheese<br>Dinner Roll<br>Roasted Broccoli<br>Cherry Tomato<br>Diced Peaches<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk | <b>27</b><br><br>Taco Triangles<br>Salsa<br>Spiced Pinto Beans<br>Cherry Tomato<br>Mixed Fruit<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk                        | <b>28</b><br><br>Choice of Pizza<br>Garden Salad<br>Cherry Tomato<br>Pineapple Tidbits<br>Fresh Pear<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk      | <b>29</b><br><br>Cheesy Bosco Stick<br>Marinara Sauce<br>Steamed Green Beans<br>Cherry Tomato<br>Applesauce<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk | <b>30</b><br><br>Roasted Beef Hot Dog on a Bun<br>Baked Beans, Vegetarian<br>Cherry Tomato<br>Mandarin Oranges<br>Fresh Grapes<br>1% Unflavored White Milk<br>1% low Fat Chocolate Milk               |

### PRICES

|              |        |
|--------------|--------|
| Extra Milk   | \$5.50 |
| Extra Entree | \$1.50 |
| Adult Entree | \$3.00 |
| Adult Lunch  | \$5.00 |

### EXTRA INFO

All Zanesville City Schools students are eligible to receive a NO COST lunch. The USDA requires that students choose a minimum of 3 of the 5 food group components offered. One of these choices MUST be a fruit or vegetable to receive the meal at NO COST.

### HARVEST OF



### THE MONTH

Your **MENUS** plus more  
information on our app  
**Taher Food4Life®**



www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.