Zanesville City School District
National Road Elementary

Lunch Menu

October 2026

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

PRICES

Extra Milk	$.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 MENU$ plus more information on our app Taher Food4Life®

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