

October 2026 Middle School Menus St. Charles Parish Public Schools

This institution is an equal opportunity provider.
Menus are subject to change.

AVAILABLE DAILY

Every day at Lunch
Deli Sandwich

Mon/Weds/Fri Special
Fresh Hot Pizza

Tuesday's Special
(selection rotates weekly)
Chicken Sandwich
Grilled Cheese Sandwich

Thursday's Special
Hamburger or Cheeseburger



**Every complete meal we serve
comes with your choice of
low fat or nonfat milk!**

BENEFITS OF PUMPKIN



NUTRIENT-RICH
High in vitamins
(A, C, E.)



**BOOSTS
IMMUNITY**
Help the body
fight infections



**PROMOTES
EYE HEALTH**
Supports vision



**HIGH IN
ANTIOXIDANTS**
Protect cells
from damage



**AIDS
WEIGHT LOSS**
Low in calories
high in fiber



**HEART
HEALTHY**
Help lower risk
of heart disease

POPULAR WINTER SQUASH VARIETIES



ACORN



BUTTERNUT



CARNIVAL



DELICATA



HUBBARD



KOBACHA



PUMPKIN



RED KURI



SPAGHETTI



SWEET DUMPLING

Thursday, October 1

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Pork Chop
Macaroni & Cheese
Broccoli Florets
Carrots
Pineapple Tidbits

Friday, October 2

Breakfast

Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Enchiladas
Southwest Corn
Refried Beans
Orange Wedges

Monday, October 5

Breakfast

Breakfast Pizza
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, October 6

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Edamame Beans
Asian Salad
Mandarin Oranges

Weds, October 7

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey & Sausage Gumbo
Steamed Rice
Potato Salad, Crackers
Cucumber/Tomato Salad
Banana

Thursday, October 8

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Meatsauce w/ Spaghetti
Broccoli Florets
Italian Salad
Garlic Bread
Pineapple Tidbits

Friday, October 9

Breakfast

Muffin w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mini Corn Dogs
Crinkle Cut Fries
Carrots & Celery w/Ranch
Orange Wedges
Cookie

Monday, October 12	Tuesday, October 13	Weds, October 14	Thursday, October 15	Friday, October 16
 FALL BREAK MONDAY OCTOBER 12TH & TUESDAY OCTOBER 13TH No School WE WILL SEE YOU BACK ON WEDNESDAY OCTOBER 14TH!		Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Carnival Chili w/Cheese Carrots, Fritos Steamed Corn Pear Halves Animal Crackers	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Juggling Fish Nuggets Macaroni & Cheese Green Beans Cucumber & Tomato Salad Banana	Breakfast Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Prime Time Pastalaya Baked Beans Garden Salad Orange Wedges



Monday, October 19	Tuesday, October 20	Weds, October 21	Thursday, October 22	Friday, October 23
Breakfast Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Red Beans & Rice Mustard Greens Steamed Carrots Cornbread Peaches	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Taco's w/Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Banana	Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Chicken Alfredo Broccoli Florets, Dinner Roll Cucumber/Tomato Salad Apple Wedges Jello w/Topping	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice EARLY DISMISSAL Lunch Bosco Sticks Marinara Sauce Cup Green Beans Pineapple Tidbits	Breakfast Parfait Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice EARLY DISMISSAL Lunch Chicken Sandwich Tater Tots Lettuce/Tomato/Pickle Orange Wedges

Monday, October 26	Tuesday, October 27	Weds, October 28	Thursday, October 29	Friday, October 30
Breakfast Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Totchos Green Beans Cornbread Applesauce	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Roasted Chicken Loaded Mashed Potatoes Baked Beans Apple Wedges	Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Veggie Soup Grilled Cheese Sandwich Garden Salad Banana Brownie	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Turkey Stew w/Rice Candied Yams Steamed Cabbage TANGERINES	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch General Tso Chicken Lo Mein, Asian Salad Edamame Beans Orange Wedges

National School Lunch Week (NSLW) celebrates the school nutrition professionals who serve nutritious, delicious meals that help millions of students learn, grow, and thrive.

It's a time for schools, families, and communities to recognize the important role school meals play in supporting student health, well-being, and academic success.

Every school day, more than 95,000 schools and institutions serve lunch to over 30 million students nationwide.

