

Elementary Menu: October 2026

Breakfast is FREE for all district students!

Lunch
Free/Reduced: Free
Full Price: \$2.60
Milk : \$0.55

**MENU IS SUBJECT
TO CHANGE**



Ashley Sprinkle
Food Service
Director
sprinklea@cvcolonials.org
717-624-2157
Ext. 1015



Monday	Tuesday	Wednesday	Thursday	Friday
5 Honey Bun or assorted cereal, apple juice or dried fruit, milk Baked Chicken Nuggets Goldfish Crackers Steamed Green Beans or Fresh Baby Carrots Diced pears or Fresh Green Apple	6 Pop Tart w/ cheese stick or assorted cereal, mango splash juice or applesauce, milk Baked Shrimp Poppers with cheesy breadstick Scalloped Potatoes or Fresh celery sticks Diced Peaches or Fresh pear	7 Mini Pancakes or assorted cereal, grape juice or banana, milk Lasagna Roll Up & Garlic Knot Steamed peas or Sliced Cucumbers Fz Blueberries or Fresh strawberries	8 Benefit Breakfast Bar or assorted cereal, orange juice or apple, milk Steak & Cheese Sub Baked Beans or Fresh Peppers Mixed Fruit or Fresh grapes	9 Muffin or assorted cereal, very berry juice or applesauce, milk Stuffed Crust Pizza Steamed California Blend or Fresh Salad Pineapple Tidbits or Fresh Banana
12  No School	13  No School	14 Egg & cheese sandwich or assorted cereal, grape juice or banana, milk Meatball Sub with mozzarella & marinara Steamed Corn or Sliced Cucumbers Mandarin oranges or Fresh grapes	15 Coffee Cake or assorted cereal, orange juice or apple, milk French Toast Sticks with sausage and syrup Hash Brown or Fresh Broccoli Baked Apples or Fresh Banana	16 Waffle or assorted cereal, very berry juice or applesauce, milk Cheese Pizza Slice Steamed Carrots or Fresh Salad Sliced Strawberries or Apple Slices
19 Honey Bun or assorted cereal, apple juice or dried fruit, milk Chicken Tenders with Bug Bite grahams Steamed green beans or Fresh baby carrots Diced pears or Fresh green apple	20 Pop Tart w/ cheese stick or assorted cereal, mango splash juice or applesauce, milk Baked Fish Sticks Sidewinder Fries or Fresh celery sticks Diced Peaches or Fresh pear	21 Mini Pancakes or assorted cereal, grape juice or banana, milk Chicken Alfredo Bake with garlic breadstick Steamed peas or Sliced Cucumbers Fz Blueberries or Fresh strawberries	22 Benefit Breakfast Bar or assorted cereal, orange juice or apple, milk Hot Dog in a Bun Baked beans or Fresh cauliflower Mixed Fruit or Fresh grapes	23 Muffin or assorted cereal, very berry juice or applesauce, milk Four Meat Pizza Steamed California Blend or Fresh Salad Pineapple Tidbits or Fresh Banana
26 Donut or assorted cereal, apple juice or dried fruit, milk Chicken Pattie Sandwich Steamed broccoli or Fresh baby carrots Applesauce or Fresh Orange NOE Students Only: Turkey & Cheese Sandwich or PBJ Uncrustable	27 Wheat Cinnamon Roll or assorted cereal, mango splash juice or applesauce, milk Chicken Nacho Dipper with salsa & queso Tex-mex beans or Celery Sticks Fz Blueberries or Fresh Apple	28 Egg & cheese sandwich or assorted cereal, grape juice or banana, milk Hot Ham & Cheese Croissant Steamed Corn or Sliced Cucumbers Mandarin Oranges or Fresh Grapes <i>Halloween Treat</i>	29 Assorted Bread or assorted cereal, orange juice or apple, milk Salisbury Steak with gravy & dinner roll, Mashed potatoes or Fresh baby tomatoes Baked Apples or Fresh Banana	30 Waffle or assorted cereal, very berry juice or applesauce, milk French Bread Pizza Steamed Carrots or Fresh Salad Sliced Strawberries or Fresh Apple Slices

Lunch Alternates

Monday: Mozzarella Sticks

Tuesday: Corn Dog

Wednesday: Chicken

Popper Salad

Thursday: Grilled Cheese

Friday: Cheeseburger

Daily Alternate:

PB & J Uncrustable
Pizza Kit (CVIS)



Daily Milk Choices Include:

Low Fat, 2%, Whole White

Low Fat, 2% Chocolate

Low Fat Vanilla/ Strawberry
Lactaid, Soy, or Almond Milk

available upon request

A la Carte Items:

NOE students may purchase extra milk with lunch or to accompany their packed lunch.

CVIS students will have the option to purchase additional drinks, snacks, and ice cream (Friday's only) through the food service line. All extra items are charged at full price and are not included as part of the free or reduced meal program.