Forked River LUNCH MENU

October 2026

EAT SMART BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Breakfast for Lunch:** Mini Waffles with Sausage Links Tri-Taters Mandarin Spring Salad	2 Cheese Pizza Garden Salad Red Pepper Strips
Daily Offerings: Breadstick Dipper Craveable (V) | Chef Salad with Dinner Roll				
5 Mac & Cheese Green Bean Ceasar Salad	6 Beef & Cheese Nachos Black Beans Mexican Corn	7 Chicken Nuggets with Roll Oven Fries Baby Carrot	8 Toasted Cheese Sandwich (V) Grape Tomatoes Steamed Corn	9 Cheese Pizza Sliced Carrots Cucumber Slices
Daily Offerings: Yogurt Craveable (V) | Turkey & Cheese Wrap				
12 NO SCHOOL	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Chicken Nuggets over Rice Steamed Broccoli Carrot Sticks	15 **Breakfast for Lunch:** Mini Pancakes with Sausage Links Tater Tots Mandarin Spring Salad	16 French Bread Pizza Caesar Salad Chickpeas
Daily Offerings: Nachos Craveable (V) | Garden Salad with Goldfish Crackers & Dinner Roll (V)				
19 Chicken & Mashed Potato Bowl with Roll Mashed Potatoes Baby Carrots	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Chicken Nuggets with Roll Glazed Carrots Seamed Broccoli	22 Mini Blueberry Waffles with Sausage Links Crinkle Cut Fries Sliced Apples	23 Pepperoni or Cheese Pizza Sliced Cucumber Steamed Corn
Daily Offerings: Super Fruit Craveable (V) | Chef Salad with Dinner Roll				
26 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Chickpea Salad	27 Chicken & Cheese Nachos Seasoned Black Beans Garden Side Salad	28 Chicken Nuggets with Roll Steamed Broccoli Celery Sticks with Ranch	29 Mini strawberry Pancake Puffs Sausage Sweet Potato Tots Green Pepper Strips	30 Cheesy Pizza Romaine Salad Baby Carrots
Daily Offerings: Pizza Craveable (V) | Turkey & Cheese Wrap				

MAKE IT A MEAL!
Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices
Student $3.10
Adult $5.00

Available Daily
Craveable of the Week
Sandwich or Salad of the Week
PB&J Uncrustables

Fruit & Veggie Selection
Variety offered Daily – Polar Pears featured this month

Milk Selection
1% White, FF Chocolate, FF Strawberry

Your Dining Services Team
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Food Service Director
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https://schoolpaymentportal.com/Default.aspx

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

NUTRI-SERVE FOOD MANAGEMENT, INC. by Metz