

October 2026

Please note: Menus are subject to change

FHS Lunch Menu

 Boo-tiful Lunches for Our Favorite Pretzels!



Fall has rolled into Freeport, and we're cooking up a month full of delicious meals, cozy favorites, and a little October fun!  

From crunchy apples  to warm-up-your-tummy favorites, we're excited to serve our Freeport Pretzels nutritious meals made with care each day.

 **Eat well. Smile big.**
We're so glad to have you at the table!  

Made with Love by your NDS Family

Reminders:

Assorted Fresh Fruit and Vegetables Available Daily

Menu items containing pork are highlighted in yellow.



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Leaves change color in October primarily due to decreased sunlight, which causes chlorophyll to break down and reveal red, orange, and yellow pigments.

WG Mini Chicken
Corn Dogs
Daily Pizza
Turkey Deli Sandwich
Chicken Ranch Wrap
Cobb Salad
Chicken & Rice Soup

5

WG Meatball
Sandwich
Daily Pizza
Turkey Deli Sandwich
Chicken Ranch Wrap
Cobb Salad
Chicken & Rice Soup

6

WG Orange Chicken
WG Chow Mein Noodles
Daily Pizza
Turkey Deli Sandwich
Chicken Ranch Wrap
Cobb Salad
Chicken & Rice Soup

7

WG Cheese Breadsticks
With Warm Marinara
Daily Pizza
Turkey Deli Sandwich
Chicken Ranch Wrap
Cobb Salad
Chicken & Rice Soup

8

WG Hamburger
Daily Pizza
Turkey Deli Sandwich
Chicken Ranch Wrap
Cobb Salad
Chicken & Rice Soup

9

No School

12

WG Calzone
Daily Pizza
Turkey Deli Sandwich
BBQ Chicken Wrap
Chicken Caesar Salad
Cheesy Dill Pickle

13

WG Beef Hot Dog
Daily Pizza
Turkey Deli Sandwich
BBQ Chicken Wrap
Chicken Caesar Salad
Cheesy Dill Pickle

14

WG Chicken Enchiladas
Daily Pizza
Turkey Deli Sandwich
BBQ Chicken Wrap
Chicken Caesar Salad
Cheesy Dill Pickle Soup

15

WG Mac n Cheese Bowl
Daily Pizza
Turkey Deli Sandwich
BBQ Chicken Wrap
Chicken Caesar Salad
Cheesy Dill Pickle Soup

16

WG Baked Pasta
Daily Pizza
Turkey Deli Sandwich
Pizza Pinwheels
Buffalo Chicken Salad
Cheeseburger Soup

19

WG Breakfast Egg Rolls
Daily Pizza
Turkey Deli Sandwich
Pizza Pinwheels
Buffalo Chicken Salad
Cheeseburger Soup

20

WG Chicken
Ramen Bowl
Daily Pizza
Turkey Deli Sandwich
Pizza Pinwheels
Buffalo Chicken Salad
Cheeseburger Soup

21

WG Hot Turkey and
Cheese Croissant
Daily Pizza
Turkey Deli Sandwich
Pizza Pinwheels
Buffalo Chicken Salad
Cheeseburger Soup

22

WG Chicken Sandwich
Daily Pizza
Turkey Deli Sandwich
Pizza Pinwheels
Buffalo Chicken Salad
Cheeseburger Soup

23

WG Alfredo Pasta
WG Garlic Bread
Daily Pizza
Turkey Deli Sandwich
Chicken Salad Wrap
Garden Salad
Potato Cheddar Soup

26

WG Chicken Tenders
Daily Pizza
Turkey Deli Sandwich
Chicken Salad Wrap
Garden Salad
Potato Cheddar Soup

27

WG Beef Walking Taco
Daily Pizza
Turkey Deli Sandwich
Chicken Salad Wrap
Garden Salad
Potato Cheddar Soup

28

WG Grilled Cheese
with Tomato Soup
Daily Pizza
Turkey Deli Sandwich
Chicken Salad Wrap
Garden Salad
Potato Cheddar Soup

29

WG Chicken & Cheese
Quesadilla
Daily Pizza
Turkey Deli Sandwich
Chicken Salad Wrap
Garden Salad
Potato Cheddar Soup

30