

October 2026

Please note: Menus are subject to change

Elementary 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:

Milk substitutions are available daily to district students who have a current, completed Allergy Form on file with their school nurse. Please remember that the Allergy Form must be updated each school year.

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
Or
WG Muffin Box
Baked Beans
Strawberries
Choice of Milk

WG Meatball
Sandwich
Or
WG Muffin Box
Green Beans
Gala Apple
Choice of Milk

WG Orange Chicken
WG Chow Mein Noodles
Or
WG Muffin Box
Broccoli
Mandarin Oranges
Choice of Milk

WG Cheese Breadsticks
Warm Marinara
Or
WG Muffin Box
Sweet Corn
Diced Pears
Choice of Milk

WG Hamburger
Or
WG Muffin Box
Sweet Potato Tots
Assorted Fresh Fruit
Choice of Milk

No School

WG Pizza Burger
Or
WG Cheese Pizza
Carrots
Fruit Cocktail
Choice of Milk

WG Beef Hot Dog
Or
WG Cheese Pizza
Baked Beans
Mandarin Oranges
Choice of Milk

WG Chicken Enchiladas
Or
WG Cheese Pizza
Coleslaw
Gala Apple
Choice of Milk

WG Mac n Cheese
Or
WG Cheese Pizza
Side Salad
Fruit Slushy
Choice of Milk

WG Baked Pasta
Or
Garden Salad with Chicken
Green Beans
Blueberries
Choice of Milk

WG Funnel Cake
Chicken Sausage
Or
Garden Salad with Chicken
Emoji Fries
Gala Apple
Choice of Milk

WG Chicken
Ramen Bowl
Or
Garden Salad with Chicken
Broccoli
Mandarin Oranges
Choice of Milk

WG Hot Turkey and
Cheese Croissant
Or
Garden Salad with Chicken
Baby Carrots with Ranch
Diced Pears
Choice of Milk

WG Chicken Sandwich
Or
Garden Salad with
Chicken
Baked Beans
Assorted Fresh Fruit
Choice of Milk

WG Alfredo Pasta
WG Garlic Bread
Or
WG Cheese Pizza
Broccoli
Granny Smith Apple
Choice of Milk

WG Chicken Nuggets
Or
WG Cheese Pizza
Baked Beans
Sliced Peaches
Choice of Milk

WG Softshell
Beef & Cheese Tacos
Or
WG Cheese Pizza
Coleslaw
Mandarin Oranges
Choice of Milk

WG Grilled Cheese
with Tomato Soup
Or
WG Cheese Pizza
Gala Apple
Choice of Milk

WG Chicken & Cheese
Quesadilla
Or
WG Cheese Pizza
Sweet Corn
Halloween Slushy
Choice of Milk