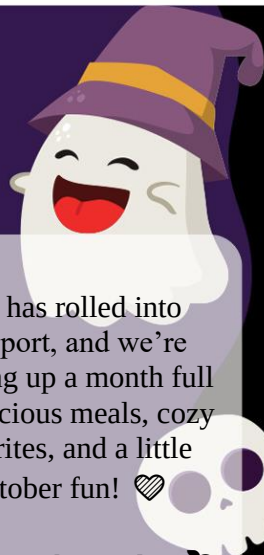


October 2026

Please note: Menus are subject to change

FMS 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.

5
WG Mini Chicken
Corn Dogs
Turkey Deli Sandwich
WG Muffin Box
Baked Beans
Assorted Fresh Fruit
Choice of Milk

6
WG Meatball
Sandwich
Turkey Deli Sandwich
WG Muffin Box
Green Beans
Assorted Fresh Fruit
Choice of Milk

7
WG Orange Chicken
WG Chow Mein Noodles
Turkey Deli Sandwich
WG Muffin Box
Broccoli
Assorted Fresh Fruit
Choice of Milk

8
WG Cheese Breadsticks
Warm Marinara
Turkey Deli Sandwich
WG Muffin Box
Sweet Corn
Assorted Fresh Fruit
Choice of Milk

9
WG Hamburger
Turkey Deli Sandwich
WG Muffin Box
Sweet Potato Tots
Assorted Fresh Fruit
Choice of Milk

12
No School

13
WG Calzone
Daily Pizza
Turkey Deli Sandwich
Carrots
Assorted Fresh Fruit
Choice of Milk

14
WG Beef Hot Dog
Daily Pizza
Turkey Deli Sandwich
Baked Beans
Assorted Fresh Fruit
Choice of Milk

15
WG Chicken Enchiladas
Daily Pizza
Turkey Deli Sandwich
Coleslaw
Assorted Fresh Fruit
Choice of Milk

16
WG Mac n Cheese Bowl
Daily Pizza
Turkey Deli Sandwich
Side Salad
Assorted Fresh Fruit
Choice of Milk

19
WG Baked Pasta
Turkey Deli Sandwich
Garden Salad with Chicken
Green Beans
Assorted Fresh Fruit
Choice of Milk

20
WG Breakfast Egg Rolls
Turkey Deli Sandwich
Garden Salad with Chicken
Emoji Fries
Assorted Fresh Fruit
Choice of Milk

21
WG Chicken
Ramen Bowl
Turkey Deli Sandwich
Garden Salad with Chicken
Broccoli
Assorted Fresh Fruit
Choice of Milk

22
WG Hot Turkey and
Cheese Croissant
Turkey Deli Sandwich
Garden Salad with Chicken
Baby Carrots with Ranch
Assorted Fresh Fruit
Choice of Milk

23
WG Chicken Sandwich
Turkey Deli Sandwich
Garden Salad with Chicken
Baked Beans
Assorted Fresh Fruit
Choice of Milk

26
WG Alfredo Pasta
WG Garlic Bread
Daily Pizza
Turkey Deli Sandwich
Broccoli
Assorted Fresh Fruit
Choice of Milk

27
WG Chicken Tenders
Daily Pizza
Turkey Deli Sandwich
Baked Beans
Assorted Fresh Fruit
Choice of Milk

28
WG Beef Walking Taco
Daily Pizza
Turkey Deli Sandwich
Coleslaw
Assorted Fresh Fruit
Choice of Milk

29
WG Grilled Cheese
with Tomato Soup
Daily Pizza
Turkey Deli Sandwich
Assorted Fresh Fruit
Choice of Milk

30
WG Chicken & Cheese
Quesadilla
Daily Pizza
Turkey Deli Sandwich
Sweet Corn
Assorted Fresh Fruit
Choice of Milk