

October 2026

Please note: Menus are subject to change

Early Childhood Center 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
Baked Beans
Strawberries
1% White Milk

6
WG Spaghetti & Meatballs
Green Beans
Apple Slices
1% White Milk

7
WG Orange Chicken
WG Rice
Broccoli
Orange Wedges
1% White Milk

8
WG Cheese Breadsticks
Warm Marinara
Sweet Corn
Diced Pears
1% White Milk

9
WG Hamburger
Sweet Potato Tots
Cantaloupe
1% White Milk

12
No School

13
WG Cheese Pizza
Carrots
Sliced Peaches
1% White Milk

14
WG Beef Hot Dog
Baked Beans
Orange Wedges
1% White Milk

15
WG Chicken Sandwich
Cole Slaw
Applesauce
1% White Milk

16
WG Mac n Cheese
Side Salad
Fresh Fruit
1% White Milk

19
WG Baked Pasta
Green Beans
Blueberries
1% White Milk

20
WG Waffle
Chicken Sausage Links
Emoji Fries
Apple Slices
1% White Milk

21
WG Chicken
Ramen Bowl
Broccoli
Orange Wedges
1% White Milk

22
WG Turkey & Cheese
Croissant
Baby Carrots with Ranch
Diced Pears
1% White Milk

23
WG Hamburger
Baked Beans
Fresh Fruit
1% White Milk

26
WG Alfredo Pasta
WG Garlic Bread
Broccoli
Strawberries
1% White Milk

27
WG Chicken Nuggets
Baked Beans
Sliced Peaches
1% White Milk

28
WG Softshell
Beef & Cheese Taco
Cole Slaw
Orange Wedges
1% White Milk

29
WG Grilled Cheese
Tomato Soup
Applesauce
1% White Milk

30
WG Chicken &
Cheese Quesadilla
Sweet Corn
Fresh Fruit
1% White Milk