

MENUS FOR OCTOBER 2026



St. Mary Parish School District

This institution is an equal opportunity provider. Menus are subject to change.

Monday, October 5

Breakfast

French Toast Sticks
Apple Sauce
Juice
Milk

Lunch

Crunchy Beef Tacos
Taco Salad
Taco Sauce
Cheese Cup
Corn
Pears
Milk

Tuesday, October 6

Breakfast

Grits
Toast
Pear
Juice
Milk

Lunch

Hamburger
Baked Beans
Carrot Coins
Peaches
Roll
Milk

Wednesday, October 7

Breakfast

Maple Waffle Chicken
Sandwich
Oranges
Juice
Milk

Lunch

Oven Fried Chicken
Broccoli
Sweet Potato Crunch
Applesauce
Roll
Milk

Thursday, October 8

Breakfast

Sausage Biscuit
Fruit Cocktail
Juice
Milk

Lunch

Hamburger Steak w/ Gravy
Loaded Mashed Potatoes
Green Beans
Cantaloupe
Roll
Milk

Friday, October 9

**Parent/
Teacher
Conference
No School**

Monday, October 12

**Fall
Break**

Tuesday, October 13

**Fall
Break**

Wednesday, October 14

Breakfast

Cereal
Fruit Cocktail
Juice
Milk

Lunch

Pepperoni Pizza
Carrot Coins
Green Beans
Applesauce
Milk

Thursday, October 15

Breakfast

Chicken Biscuit
Pears
Juice
Milk

Lunch

Chicken Nuggets
Sweet Potato Fries
Broccoli
Oranges
Milk

Friday, October 16

Breakfast

Pancake on a Stick
Applesauce
Juice
Milk

Lunch

Chicken & Sausage
Jambalaya
White Beans
Corn
Roll
Oranges
Milk

Thursday, October 1

Breakfast

Chicken Biscuit
Applesauce
Juice
Milk

Lunch

Lasagna
Salad
Green Beans
Apple
Garlic Roll
Milk

Friday, October 2

Breakfast

Dutch Waffle
Oranges
Juice
Milk

Lunch

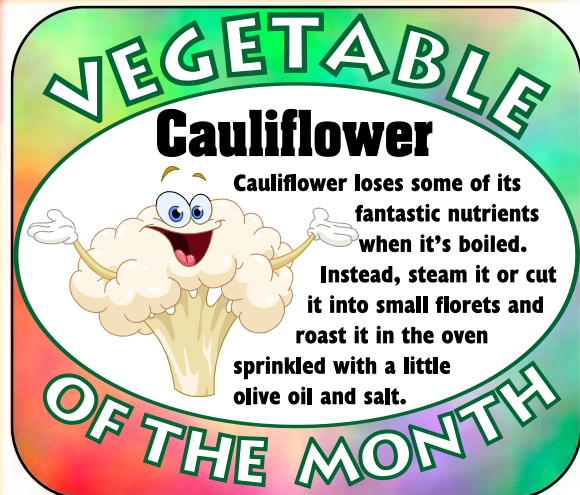
Cheese Pizza
Corn
Salad
Peaches
Milk

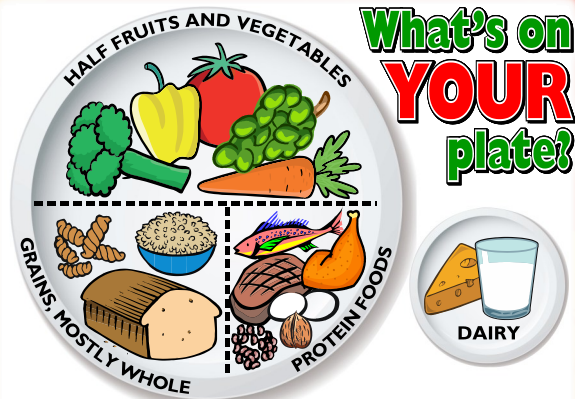


JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

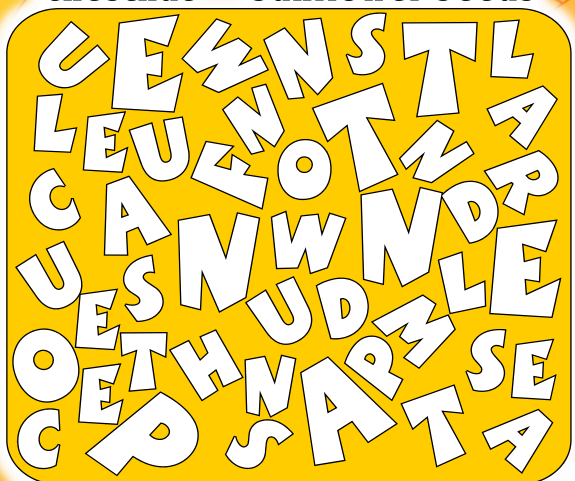




What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

Eggstravaganza
Toast
Oranges
Juice
Milk

Lunch

Red Beans & Rice w/ Sausage
Broccoli
Corn
Fruit Cocktail
Cornbread
Milk

Tuesday, October 20

Breakfast

Sausage Biscuit
Fruit Cocktail
Juice
Milk

Lunch

Hamburger
Baked Beans
Crinkle Fries
Peaches
Milk

Wednesday, October 21

Breakfast

Breakfast Pizza
Pears
Juice
Milk

Lunch

Chili Mac
Green Beans
California Blend
Pears
Roll
Milk

Thursday, October 22

Breakfast

Mini Maple Pancake Bites
Peaches
Juice
Milk

Lunch

Country 'Oven-Fried' Steak
Mashed Potatoes
Carrot Coins
Apple
Roll
Milk

Friday, October 23

Breakfast

Dutch Waffle
Applesauce
Juice
Milk

Lunch

Breaded Chicken Sandwich
Sweet Potato Fries
Celery Sticks
Banana
Milk

Monday, October 26

Breakfast

Blueberry Muffin
Pears
Juice
Milk

Lunch

Chicken Tenders
Carrot Coins
Crinkle Fries
Peaches
Roll
Milk

Tuesday, October 27

Breakfast

Toast
Grits
Fruit Cocktail
Juice
Milk

Lunch

Sloppy Joe
Broccoli
Mixed Fruit
Green Beans
Milk

Wednesday, October 28

Breakfast

Cinnamon Roll
Pears
Juice
Milk

Lunch

Chicken Sausage Gumbo
Corn
California Blend
Apple Sauce
Roll
Milk

Thursday, October 29

Breakfast

Maple Waffle Chicken
Sandwich
Peaches
Juice
Milk

Lunch

Hamburger
Lettuce/Tomatoes
Pinto Beans
Apple
Milk

Friday, October 30

Breakfast

Pancake on a Stick
Oranges
Juice
Milk

Lunch

Pig-N-Blanket
Tater Tots
Carrot Sticks
Orange
Milk

HORSESHOE CRABS HAVE EXISTED FOR 450 MILLION YEARS AND ARE CONSIDERED TO BE **LIVING FOSSILS!** THEY AREN'T REALLY CRABS, OR EVEN CRUSTACEANS - THEY'RE RELATED TO **SPIDERS!** HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED:



STRANGE
BUT TRUE!

IT TURNS OUT THAT AT LEAST ONE SPECIES OF ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS.** AND, **OH YEAH,** IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!