



My favorite color
is October.

Hoosac Valley Regional School District Lunch Menu for October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1st) KENTUCKY BAKED CHICKEN BOWL Mashed potatoes & gravy Zucchini & Squash Apricots	2nd) PIZZA Caesar salad Peas Pears
5th) MOZZARELLA STICKS Marinara sauce Tossed salad Green beans Melon	6th) HVES: PANCAKE W/HAM STEAK HVMHS: CHEESE OMELETTE W/ENGLISH MUFFIN Sweet potatoes Orange	7th) ROASTED CHICKEN Mashed potatoes & gravy Dinner roll Broccoli Apples	8th) SWEDISH MEATBALLS OVER NOODLES Carrots Mixed fruit	9th) HAMBURGER Oven fries Greek salad Baked beans Pears
12th) NO SHCOOL	13th) DILLY BREADED CHICKEN PATTY SANDWICH Green beans Oven fries Apricots	1 4th) HVES: ORANGE CHICKEN HVMHS: GENERAL TSO'S CHICKEN Fried rice w/veggies, Carrots Mandarin oranges	15th) HVES: STEAKUM SANDWICH HVMHS: PORK RIBBY SANDWICH Sweet potato fries, Broccoli, Peaches	16th) PIZZA Caesar salad Roasted chickpeas Plums
19th) POPCORN CHICKEN Kidney bean salad Sweet potato fries Cookie Apples	20th) CHICKEN BURRITO BOWL Rice Black bean salad, Corn Strawberries	21st) HVES: HOMEMADE MACARONI & CHEESE HVMHS: PULLED PORK MACARONI & CHEESE Broccoli, Zucchini, Pears	22nd) CHICKEN A' LA KING OVER RICE Carrots Melon	23rd) HAMBURGER Greek salad Oven fries Pineapple
26th) CHICKEN QUESADILLA Salsa, Black bean salad Broccoli, Apricots	27th) TURKEY, STUFFING & CRANBERRY SAUCE WRAP w/ gravy side Sweet potato fries, peaches	28th) MEATLOAF DINNER Dinner roll, Mashed potatoes & gravy, Carrots Apples	29th) GRILLED CHEESE W/SOUP Caesar salad Mixed fruit	30th) NO SCHOOL

****Daily Lunch alternative offered** **Milk is served with every meal** **Menu subject to change without notice****

(MILK WITHOUT A MEAL IS .40)

****Any food allergy should be reported to the school nurse**. **This institution is an equal opportunity provider****

"Regular Meal Information"

To Receive a complete meal for the Free Amount you must choose at least 3 of the 5 components of a Regular Lunch

***Grain *Meat or Meat Alt. * Fruit or Fruit Juice *Vegetable *Milk**

Students may take all 5 components if they choose!

Federal Regulations require that at least one of the component choices must be a fruit or vegetable