

WHS/EBIS SCHOOL - OCTOBER 2026

Meal Prices:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Parents/Guardians!!! MySchoolBucks.com makes it easy and convenient to manage your child's meal payments! Scan the code to visit the website to learn more! 
Breakfast: \$0.00 Reduced: \$0.00 Lunch: \$0.00 Reduced: \$0.00	***BREAKFAST***					
Breakfast Components: Grain 1 oz Fruit 1 cup Low Fat Milk 8 oz	Bagels Cream Cheese Cereal Fruit Juice/Milk	Sausage/Egg/Cheese Buttermilk Biscuit Cereal Bars Fruit Juice/Milk	Overnight Oats Bagels Fresh Fruit Fruit Juice/Milk	French Toast Casserole Cereal Bagels Fruit Juice/Milk	Yogurt Parfaits Baked Muffins Berries Fruit Juice/Milk	
	LUNCH					
Lunch Components: Protein 2 oz Whole Grain 2 oz Vegetable 1 cup Fruit 1 cup Milk 8 oz				1 Chicken Po'boy Corn Chopped Salad Milk	2 Pizza Broccoli Fresh Fruit Milk	
	5 Buttered Pasta Mixed Vegetables Applesauce Milk	6 Beef Taco's Corn Fresh Fruit Milk	7 McRib Sandwich Kettle Chips Chopped Salad Milk	8 Italian Combo Tater Tots Fresh Fruit Milk	9 HALF DAY	
Everyday Vegetarian Option is: PBJ Sandwich or Salad	12 NO SCHOOL	13 Spanish Chicken & Rice Peas Chopped Salad Milk	14 Shepherd's Pie Chopped Salad Fresh Fruit Milk	15 BBQ Chicken White Rice Corn Milk	16 Pizza Carrots Chopped Salad Milk	Sandwich Board Black Bean Burger Black Forest Ham Italian Combo PBJ Salami/Pepperoni Smoked Turkey
FOOD ALLERGIES??? Please alert the School Nurse of any food allergies your child may have.	19 Chicken Noodle Casserole Chopped Salad Fresh Fruit Milk	20 Mexicorn Lasagna Chopped Salad Oranges Milk	21 Chicken Gyro Tomato/Cucumber Salad Applesauce Milk	22 Chili Mac Chopped Salad Dinner Roll Milk	23 Pizza Carrots Chopped Salad Milk	
	26 Sweet & Sour Chicken White Rice Veg Medley Milk	27 Beef & Bean Nachos Roasted Corn Fresh Fruit Milk	28 Baked Ziti Garlic Bread Chopped Salad Milk	29 Meatloaf Mashed Potatoes Peas & Carrots Milk	30 Pizza Roasted Broccoli Applesauce Milk	
Gatorade, Ice Cream, and all a la carte items must be paid in cash or MySchoolBucks account						Coming Soon.... Hot Soups EMAILED WEEKLY
Questions/Comments? Please call Danny Trotter Food Service Director at 845-373-4100 X 4405						<u>Salad of the Week</u> EMAILED WEEKLY





