

OCTOBER 2026

MCMS/OVHS/OPIS

MON	TUE	WED	THU	FRI
Freshly made GRAB 'N' GO LUNCH offered daily	 Variety of fresh fruit, vegetables and milk served daily	We are proud to offer Straus organic milk 	1 Cold Cereal Chicken Tikka or Chana Masala Roasted Cauliflower	2 Yogurt and Mini Muffin Cheese Quesadilla Jalapeño Corn Salsa
5 Pancakes Penne Marinara with Veggie Meatballs Side Green Salad	6 Muffin Chili Fries with Corn Muffin Shelled Edamame	7 Cheesy Egg Bites OR Breakfast Bar Chicken or Veggie Street Tacos Guacamole Salsa	8 Banana Bread Teriyaki Chicken or Tofu Roasted Broccoli	9 MINIMUM DAY Berry Parfait Italian Dippers with Marinara Sauce
12 Buttery Maple Waffle Stuffed Shells with Marinara Mixed Green Salad	13 Buttermilk Biscuit Hummus and Pita Bread Greek Salad	14 Bagel with Cream Cheese Chicken or Veggie Fiesta Bowl Corn, Guacamole, Salsa	15 Cold Cereal Chicken or Tofu Chow Mein Edamame	16 Yogurt and Mini Muffin Ameci Cheese Pizza Baby Carrots Celery Sticks
19 Pancakes Grilled Cheese Sandwich Tomato Bisque Side Green Salad	20 Muffin Veggie Chik'n Nuggets with Dinner Roll French Fries Dill Pickle Spears	21 Cheesy Egg Bites OR Breakfast Bar Ground Chicken or Black Bean Nachos Guacamole, Salsa	22 Banana Bread Peruvian Chicken or Tofu Peas and Carrots Sliced Sweet Peppers	23  NO SCHOOL
26 Buttery Maple Waffle Mac 'n' Cheese Steamed Broccoli	27 Buttermilk Biscuit Breakfast Burrito for Lunch Cowboy Beans Side Salsa	28 Bagel with Cream Cheese BBQ Veggie Chik'n Sandwich Carrot Sticks Dill Pickle Spears	29 Cold Cereal Ameci Cheese Pizza Baby Carrots Cucumber Slices	30 Yogurt and Mini Muffin Cheese Quesadilla Jalapeño Corn Salsa

October Harvest of the Month:



BELL PEPPERS!

Fun Facts



Peppers are actually fruits! (They are produced from a flowering plant and contain seeds)



Red, orange, and yellow bell peppers are actually very ripe green bell peppers!



Red bell peppers are sweeter than green ones because bell peppers sweeten as they ripen!

Menu subject to change
at any time