



OCTOBER 2026

OPHS



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 Bagel with Cream Cheese Chicken or Tofu Teriyaki Bowl Roasted Broccoli	2 Parfait Cheese Quesadilla Jalapeño Corn Side Salsa
5 Breakfast Burrito OR Pancakes Grilled Cheese Sandwich Tomato Soup	6 Bagel with Cream Cheese OR Cold Cereal Chicken or Tofu Fajita Tacos Black Beans Salsa, Guacamole	7 MINIMUM DAY Buttermilk Biscuit OR Banana Bread Chicken or Tofu Salad Sandwich Cucumber Slices	8 MINIMUM DAY Parfait OR French Toast Sticks Grab 'n' Go Selections Sliced Sweet Bell Peppers	9 Breakfast Burrito OR Waffle Ameci Cheese Pizza Baby Carrots Side Salad
12 Cheesy Egg Bites & Potatoes OR Pancakes Veggie Nachos Guacamole Salsa	13 Bagel with Cream Cheese OR Cold Cereal Chicken or Veggie Chik'n Chipotle Pasta Side Mixed Green Salad	14 Buttermilk Biscuit OR Banana Bread Mac 'n' Cheese Steamed Broccoli Shelled Edamame	15 Parfait OR French Toast Sticks Peruvian Chicken or Tofu Roasted Cauliflower	16 Breakfast Burrito OR Waffle Bean & Cheese Burrito Side Salsa Baby Carrots
19 Cheesy Egg Bites & Potatoes OR Pancakes Veggie Cheeseburger French Fries Dill Pickle Spears	20 Bagel with Cream Cheese OR Cold Cereal Chicken or Veggie Fiesta Bowl Cut Corn, Black Beans Salsa, Guacamole	21 Buttermilk Biscuit OR Banana Bread Chicken or Tofu Chow Mein Shelled Edamame	22 Parfait OR French Toast Sticks Ameci Cheese Pizza Mixed Raw Veggies	23 NO SCHOOL 
26 Cheesy Egg Bites & Potatoes OR Pancakes Veggie Chik'n Nuggets w/ WG Roll French Fries Veggie Sticks	27 Bagel with Cream Cheese OR Cold Cereal Sweet & Spicy Korean Bowl with Chicken or Tofu Shelled Edamame	28 Buttermilk Biscuit OR Banana Bread BBQ Veggie Chik'n Sandwich Coleslaw	29 Parfait OR French Toast Sticks Chicken or Tofu Teriyaki Bowl Steamed Broccoli	30 Breakfast Burrito OR Waffle Cheese Quesadilla Jalapeño Corn Side 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