

**All meals include a choice
of 1% milk or fat free
chocolate milk**

OCTOBER 2026

Vale Elementary

**Daily choices of fruits and
vegetables
**All grains are at least 51%
whole grain**

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal/Muffin

5

Chicken Nuggets
Texas Toast

Cereal/Muffin

12

Chicken Fettuccini
Roll

Cereal/Muffin

19

Chicken Nuggets
Texas Toast

Cereal/Muffin

26

Chicken Nuggets
Texas Toast

Bagel & Cream Cheese
Yogurt

6

Brunch For Lunch
(French Toast & Sausages)

Breakfast Burrito
Yogurt

13

Cheese Quesadilla
Marinara Sauce

Cream Cheese
Stuffed Bagel

20

Personal Pan Pizza
Cheese
Corn

Pancakes & Sausages

27

Western Taco
Corn

Cereal/Muffin

7

Hamburger
French Fries

Cereal/Muffin

14

Chicken Tenders
Homemade
Mac & Cheese

Cereal/Muffin

21

Ravioli
Homemade Garlic Bread

Yogurt Parfait

28

Bean & Cheese
Burrito
Churro

Cheese Omelet & Bacon

1

Homemade
Spaghetti
Cheesy Garlic Bread

Yogurt Parfait

8

Hot Dog
Chips

Bagel & Cream Cheese
Yogurt

15

Pepperoni Pizza
Ripper
Corn

Omelet & Sausages
Biscuit

22

Brunch For Lunch
(French Toast & Sausages)

Breakfast Pizza

2

Corn Dog
Baked Beans

9

No School

Yogurt Parfait

16

Chicken Burger
Green Beans

Breakfast Pizza

23

Turkey & Cheese
Sandwich
Chips

29

No School

30

IMPORTANT NOTICE: Cashmere School District is **NOT** peanut or tree nut free. Your child may be exposed to peanuts or tree nuts in the course of their day while in any Cashmere School District property.

This institution is an equal opportunity provider and employer.

Menu Subject to change