Middle School Menus **October 2026**

Reminders For Families

All students eat meals at no cost again this year.

Every complete meal we serve comes with choice of entree, garden bar, and your choice of low fat white or nonfat chocolate milk.

To make a lunch, choose at least one fruit/juice or veggie, and 3 to 5 items (grain, milk, protein, fruit/juice, veggie) total.

Other daily lunch options:

- **Deli Sandwich**
- **Soup**
- **Large Salad**
- **Pizza (select varieties)**

Roseville City School District RCSD Est. 1869

Dry Creek Joint Elementary School District

This institution is an equal opportunity provider and employer.

Week One (Oct. 1-2)

Thursday (10/1)

- **Breakfast**: Egg-Cellent Bites With Sausage & Cheese or Cinni Minis or Continental Breakfast
- **Lunch:** Chessy Breadsticks or Orange Chicken Rice Bowl or Mediterranean Salad

Friday (10/2)

- **Breakfast:** French Toast Sticks or Cereal or Continental Breakfast
- **Lunch:** Grilled Cheese Sandwich or Chicken Tenders or Asian Chicken Salad & Cookie

Week Two (Oct. 5-9)

Monday (10/5)

- **Breakfast:** Cheesy Breadsticks or Hot Oatmeal w/ Berries or Continental Breakfast
- **Lunch**: Breakfast for Lunch (French Toast, Hashbrown & Yogurt) or Turkey & Cheese Sandwich or Taco Salad

Tuesday (10/6)

- **Breakfast:** Egg-Cellent Bites With Sausage or Mini Pancakes or Continental Breakfast
- **Lunch:** Cheese Pizza or Beef & Cheese Taco or Chef Salad

Wednesday (10/7)

- **Breakfast:** Fiesta Breakfast Burrito or Cereal or Continental Breakfast
- **Lunch:** Bean & Cheese Pupusa or Cheeseburger or Chicken Caesar Salad

Thursday (10/8)

- **Breakfast:** Taquito with Potato & Cheese or Happy Hard Boil Egg or Continental Breakfast
- **Lunch:** Cheesy Breadsticks or Teriyaki Chicken Noodle Bowl or Mediterranean Salad

Friday (10/9)

- **Breakfast:** Cinnamon Roll or Cereal or Continental Breakfast
- **Lunch**: Bean & Cheese Burrito or Crunchy Fish Sticks & Chips or Asian Chicken Salad & Cookie

Week Three (Oct. 12-16)

Monday (10/12)
- **Breakfast:** Sunrise Breakfast Sandwich or Cereal or Continental Breakast
- **Lunch:** Breakfast for Lunch (French Toast, Hashbrown & Yogurt) **or** Rotini with Meat Sauce or Taco Salad

Tuesday (10/13)
- **Breakfast:** Yogurt Parfait or Scone or Continental Breakfast
- **Lunch:** Cheese Pizza or Chicken Taco or Chef Salad

Wednesday (10/14)
- **Breakfast:** Mini Waffles or Hot Oatmeal w/ Berries or Continental Breakfast
- **Lunch:** Macaroni & Cheese or Chicken Sandwich or Chicken Caesar Salad

Thursday (10/15)
- **Breakfast:**Egg-Cellent Bites With Sausage & Cheese or Cinni Minis or Continental Breakfast
- **Lunch:** Cheesy Breadsticks or Orange Chiken Rice Bowl or Mediterranean Salad

Friday (10/16)
- **Breakfast:** French Toast Sticks or Cereal or Continental Breakfast
- **Lunch:** Grilled Cheese Sandwich or Chicken Tenders or Asian Chicken Salad & Cookie

Week Four (Oct. 19-23)

Monday (10/19)
- **Breakfast:** Cheesy Breadsticks or Hot Oatmeal w/ Berries or Continental Breakfast
- **Lunch:** Breakfast for Lunch (French Toast, Hashbrown & Yogurt) or Turkey & Cheese Sandwich or Taco Salad

Tuesday (10/20)
- **Breakfast:** Egg-Cellent Bites With Sausage or Mini Pancakes or Continental Breakfast
- **Lunch:** Cheese Pizza or Beef & Cheese Taco or Chef Salad

Wednesday (10/21)
- **Breakfast:** Fiesta Breakfast Burrito or Cereal or Continental Breakfast
- **Lunch:** Bean & Cheese Pupusa or Cheeseburger or Chicken Caesar Salad

Thursday (10/22)
- **Breakfast:** Taquito with Potato & Cheese or Happy Hard Boil Egg or Continental Breakfast
- **Lunch:** Cheesy Breadsticks or Teriyaki Chicken Noodle Bowl or Mediterranean Salad

Friday (10/23)
- **Breakfast:** Cinnamon Roll or Cereal or Continental Breakfast
- **Lunch**: Bean & Cheese Burrito or Crunchy Fish Sticks & Chips or Asian Chicken Salad & Cookie

Week Three (Oct. 26-30)

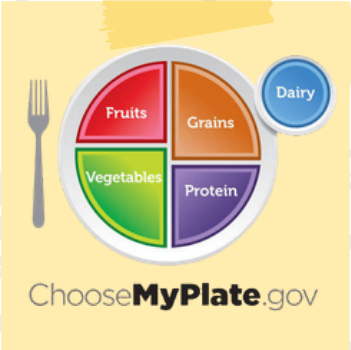
Monday (10/26)
- **Breakfast:** Sunrise Breakfast Sandwich or Cereal or Continental Breakast
- **Lunch:** Breakfast for Lunch (French Toast, Hashbrown & Yogurt) **or** Rotini with Meat Sauce or Taco Salad

Tuesday (10/27)
- **Breakfast:** Yogurt Parfait or Scone or Continental Breakfast
- **Lunch:** Cheese Pizza or Chicken Taco or Chef Salad

Wednesday (10/28)
- **Breakfast:** Mini Waffles or Hot Oatmeal w/ Berries or Continental Breakfast
- **Lunch:** Macaroni & Cheese or Chicken Sandwich or Chicken Caesar Salad

Thursday (10/29)
- **Breakfast:**Egg-Cellent Bites With Sausage & Cheese or Cinni Minis or Continental Breakfast
- **Lunch:** Cheesy Breadsticks or Orange Chiken Rice Bowl or Mediterranean Salad

Friday (10/30)
- **Breakfast:** French Toast Sticks or Cereal or Continental Breakfast
- **Lunch:** Grilled Cheese Sandwich or Chicken Tenders or Asian Chicken Salad & Cookie



National School Lunch Week is Oct. 12-16.

Stay **Alert** and Stay **Safe!**

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