

THURSTON MIDDLE SCHOOL

OCTOBER 2026 LUNCH MENU

OFFERED DAILY

CHEESE QUESADILLA

PROTEIN BOX

Turkey, cheese, fresh vegetables, and pretzel bites

CHICKEN CAESAR SALAD

FRESH SIDE OPTIONS

Fresh Fruit
Fresh Veggie
Seasonal Salad Mix

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			OCT. 1 Shredded Chicken Tacos with optional lettuce and pico de gallo	OCT. 2 Gina's Pizza Day
OCT. 5 Teriyaki Beef Dippers over Fried Rice with Steamed Broccoli	OCT. 6 Turkey Sub Sandwich	OCT. 7 Citrus-Marinated Chicken over Seasoned Brown Rice with Homemade Tzatziki & Pita	OCT. 8 Bacon Cheeseburger	OCT. 9 Gina's Pizza Day
OCT. 12 Lemon Pepper Wings with Cornbread, Celery and Carrot Sticks	OCT. 13 Cream Co. All-Beef Hot Dog	OCT. 14 Orange Chicken and Noodles with a Fortune Cookie	OCT. 15 Basil & Garlic Chicken Meatballs with Pasta & Marinara	OCT. 16 Gina's Pizza Day
OCT. 19 Chicken Nuggets with Cornbread Bites	OCT. 20 Crispy Chicken Sliders with Optional Citrus Slaw	OCT. 21 Chicken Alfredo Pasta	OCT. 22 Shredded Chicken Tacos with optional lettuce and pico de gallo	OCT. 23 Gina's Pizza Day
OCT. 26 Teriyaki Beef Dippers over Fried Rice with Steamed Broccoli	OCT. 27 Turkey Sub Sandwich	OCT. 28 Citrus-Marinated Chicken over Seasoned Brown Rice with Homemade Tzatziki & Pita	OCT. 29 Bacon Cheeseburger	OCT. 30 Gina's Pizza Day Pumpkin Cookie with every lunch entrée

FREE FOR ALL STUDENTS



Milk • Fruit • Veggie offered daily



Our fresh produce is picked just for our students from Aziz Farms in Thermal, California, and Dickinson Family Farms in Fallbrook — bringing fresh, California-grown fruits and vegetables directly to our school meals.

Menu is subject to change.

This institution is an equal opportunity provider.