

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

More info:

All Breakfasts **MUST** Include Choice of:
Fresh Fruits (Apples, Oranges and Bananas) and 100% Fruit Juice

And **May** Include: 1% White Milk, Fat-Free White Milk or Fat-Free
Chocolate Milk (all Antibiotic and Hormone Free) All Breads, Bagels,
Muffins are Whole Grain

Available Daily

Assorted Cold Cereals

Assorted Cereal Bars

Whole Grain **5**
Mini Bagel with
Strawberry Cream
Cheese
Fresh Fruit & Milk

Whole Grain **6**
Donut Holes with
Sugar Cinnamon Spice
Fresh Fruit & Milk

Yogurt Smoothie with **7**
Apples and
Strawberries
Fresh Fruit & Milk

Whole Grain **8**
Maple Pancakes
with Turkey
Sausage
Fresh Fruit & Milk

Whole Grain **9**
Pancake Bites with
Chicken Sausage
Fresh Fruit & Milk

COLUMBUS DAY 12
SCHOOL
CLOSED

Breakfast Burrito with **13**
Egg and Cheese Turkey
Sausage
Fresh Fruit & Milk

Breakfast Sandwich on **14**
English Muffin
Fresh Fruit &
Milk

Whole Grain **15**
Chocolate Filled
Croissant
Fresh Fruit & Milk

Whole Grain **16**
Pancake Bites with
Chicken Sausage
Fresh Fruit & Milk

Whole Grain **19**
Confetti Waffles
Fresh Fruit & Milk

Whole Grain Donut **20**
with Powdered Sugar
Fresh Fruit & Milk

Scrambled Eggs with **21**
Whole Grain Toast
Fresh Fruit &
Milk

Whole Grain Mini **22**
Cinnamon Rolls
Fresh Fruit &
Milk

Whole Grain **23**
Chocolate Chip
Scone
Fresh Fruit & Milk

Whole Grain **26**
Banana Muffin
Fresh Fruit &
Milk

Whole Grain Crescent **27**
Melt or Eggoji Waffles
Fresh Fruit
Milk

Yogurt Smoothie with **28**
Apples and
Strawberries
Fresh Fruit &
Milk

Whole Grain Donut **29**
Glazed with
Pumpkin Spice
Fresh Fruit &
Milk

Whole Grain Pancake **30**
Puffs or Egg &
Cheese Chorizo
Fresh Fruit & Milk

October 2026

Springhurst Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DAILY ALTERNATE ENTREES Grab n Go Sandwiches: All Served with Fresh Vegetables & Fruit Boars Head Turkey & Cheese, Ham & Cheese; Grilled Cheese All served on Whole Grain Breads Daily: Sun butter & Jelly on Whole Grain Bread Salad Bar (served with Whole Grain Roll) Bagel with Cream Cheese & Cheese Stick, Yogurt Parfait with Fruit & Granola (nut free)			Cheese Quesadillas 1 with Salsa Seasoned Pinto Beans Fresh Apple Wedges	Cheese Pizza or 2 Pepperoni Pizza Garden Salad Fresh Watermelon
Whole Grain Cheesy 5 Buffalo Breadsticks Crinkle Cut Fries Steamed Zucchini Apple Slices	<u>Nachos</u> Seasoned Beef 6 Tortilla Chips Cheddar Cheese Seasoned Black Beans Honeydew Cup	Popcorn Chicken 7 Mashed Potato Bowl Whole Grain Dinner Roll & Corn Orange Slices	Homemade Whole Grain 8 Macaroni and Cheese Steamed Carrots Fresh Blueberries	Cheese Pizza or 9 Pepperoni Pizza Garden Salad Pineapple Chunks
COLUMBUS DAY 12 SCHOOL CLOSED	Honey Stung Popcorn 13 Chicken Rice & Beans Cucumber Coins Fresh Blueberries	Homemade Mac & 14 Cheese with Chicken Nuggets Roasted Broccoli Cantaloupe Cup	Honey Stung Popcorn 15 Chicken Whole Grain Biscuit Steamed Carrots Fresh Strawberries	Cheese Pizza or 16 Pepperoni Pizza Garden Salad Fresh Watermelon
Garlic Chili Glazed 19 Boneless Chicken Wings with Whole Grain Rice Edamame Pineapple Chunks	20 Chicken Patty Sandwich on a Whole Grain Bun Baked Waffle Fries Orange Wedges	Lasagna Cheese Rol 21 Up with Garlic Breadstick Celery Sticks Strawberry Cups	Grilled Cheese 22 With Crinkle Cut Fries Red Pepper Strips Cantaloupe & Honeydew Cups	Cheese Pizza or 23 Pepperoni Pizza Garden Salad Fresh Pear
Crispy Baked Chicken 26 Tenders Dipping Sauce Crinkle Cut Fries Fresh Baby Carrots Fresh Apple Wedges	Pizza Crunchers 27 Whole Grain Dinner Roll Steamed Broccoli Fresh Banana	Walking Taco 28 Seasoned Beef with Cheese Sauce & Salsa Seasoned Pinto Beans Orange Slices	Classic Hamburger or 29 Cheeseburger Rainbow Vegetable Mix Baby Carrots Pineapple Chunks	Cheese Pizza or 30 Pepperoni Pizza Garden Salad Strawberry & Blueberry Cup