

# OCTOBER 2026

## Fredericktown K-12 BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1** BREAKFAST:  
Cereal & Cheese  
Juice, Fruit and Milk

**2** BREAKFAST:  
Cinnamon Roll  
Juice, Fruit and Milk

**5** BREAKFAST:  
Pop Tart  
Juice, Fruit and Milk

**6** BREAKFAST:  
Yogurt & Grahams  
Juice, Fruit and Milk

**7** BREAKFAST:  
Mini French Toast  
Juice, Fruit and Milk

**8** BREAKFAST:  
Cereal & Cheese  
Juice, Fruit and Milk

**9** BREAKFAST:  
Breakfast Pizza  
Juice, Fruit and Milk

**12** NO SCHOOL

**13** BREAKFAST:  
Muffin & Cheese  
Juice, Fruit and Milk

**14** BREAKFAST:  
Waffle  
Juice, Fruit and Milk

**15** BREAKFAST:  
Cereal & Cheese  
Juice, Fruit and Milk

**16** BREAKFAST:  
Biscuit with Egg  
Juice, Fruit and Milk

**19** BREAKFAST:  
Pop Tart  
Juice, Fruit and Milk

**20** BREAKFAST:  
Yogurt & Grahams  
Juice, Fruit and Milk

**21** BREAKFAST:  
Mini Pancakes  
Juice, Fruit and Milk

**22** BREAKFAST:  
Cereal & Cheese  
Juice, Fruit and Milk

**23** BREAKFAST:  
NO SCHOOL

**26** NO SCHOOL

**27** BREAKFAST:  
Muffin & Cheese  
Juice, Fruit and Milk

**28** BREAKFAST:  
Mini Waffles  
Juice, Fruit and Milk

**29** BREAKFAST:  
Cereal & Cheese  
Juice, Fruit and Milk

**30** BREAKFAST:  
Bagel  
Juice, Fruit and Milk

### **News**

BREAKFAST: K-12  
\$1.50 Reduced \$0  
Adult \$ 3.00

\*Variety of fruits  
Oranges, apples,  
applesauce cups,  
raisins and Craisins

USDA is an equal  
opportunity provider,  
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# OCTOBER 2026

## Fredericktown Middle and High Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**5** LUNCH:  
Pepperoni Pizza  
Salad  
Applesauce  
Milk  
GRAB & GO\*\*  
Harvest Spinach, Apple Chicken  
Salad or Turkey & Cheese  
Sandwich or PBJ

**12** NO SCHOOL

**19** LUNCH:  
Big Daddy Pizza  
Salad  
Applesauce  
Milk  
GRAB & GO\*\*  
Chef Salad or Tuna Fish  
Sandwich or PBJ

**26** NO SCHOOL

**6** LUNCH:  
Quesadilla  
Refried Beans  
Peaches  
Milk  
GRAB & GO\*\*  
Harvest Spinach Apple Chicken  
Salad or Turkey & Cheese  
Sandwich Or PBJ

**13** LUNCH:  
Taco Pizza  
Lettuce/Tomato  
Orange Sherbet  
Milk  
GRAB & GO\*\*  
Taco Salad or Pretzel w/Cheese  
or PBJ

**20** LUNCH:  
Cheesy Beef Nacho  
Black Beans  
Orange  
Milk  
GRAB & GO\*\*  
Chef Salad or Tuna fish  
Sandwich or PBJ

**27** LUNCH:  
French Bread Pizza  
Salad  
Applesauce  
Milk  
GRAB & GO\*\*  
Spinach Strawberry Salad  
Or Chicken Caesar Wrap or PBJ

**7** LUNCH:  
Grilled Cheese  
Tomato Soup  
Apple  
Milk  
GRAB & GO\*\*  
Harvest Spinach Apple Chicken  
Salad or Turkey & Cheese  
Sandwich or PBJ

**14** LUNCH:  
Bosco Sicks W/ Sauce  
Broccoli  
Apple  
Milk  
GRAB & GO\*\*  
Taco Salad or Pretzel W/Cheese  
Or PBJ

**21** LUNCH:  
French Toast/Sausage  
Hash Brown  
Banana  
Milk  
GRAB & GO\*\*  
Chef Salad or Tuna Fish  
Sandwich or PBJ

**28** LUNCH  
Cheese Crunchers  
Broccoli  
Slush  
Milk  
GRAB & GO\*\*  
Spinach Strawberry Salad or  
Chicken Caesar Wrap or PBJ

**1** LUNCH:  
Footlong or Fish  
Coleslaw  
Apple  
Milk  
GRAB & GO\*\*  
7 Layer Salad  
Turkey Wrap or PBJ

**8** LUNCH:  
Pulled Pork or Chicken  
Green Beans  
Orange  
Milk  
GRAB & GO\*\*  
Harvest Spinach Apple Chicken  
Salad or Turkey & Cheese  
Sandwich Or PBJ

**15** LUNCH:  
Cheeseburger  
Sun Chips  
Pears  
Milk  
GRAB & GO\*\*  
Taco Salad or Pretzel W/Cheese  
Or PBJ

**22** LUNCH:  
Regular or Spicy Chicken Patty  
Sandwich  
Mixed Veggies  
Peaches  
Milk  
GRAB & GO\*\*  
Chef Salad or Tuna Fish  
sandwich or PBJ

**29** LUNCH:  
Hot Ham and Cheese Croissant  
Or Sloppy Joe  
Baked Beans  
Apple  
Milk  
GRAB & GO\*\*  
Spinach Strawberry Salad or  
Chicken Caesar Salad or PBJ

**2** LUNCH:  
Chicken Nuggets/Roll  
Tater Tots  
Pears  
Milk  
GRAB & GO\*\*  
7-Layer Salad  
Turkey Wrap or PBJ

**9** LUNCH:  
Chicken Drumstick  
Mashed Potatoes  
Mixed Fruit  
Milk  
GRAB & GO\*\*  
Harvest Spinach Apple Chicken  
Salad or Turkey & Cheese  
Sandwich or PBJ

**16** LUNCH:  
Chicken Tenders/Roll  
Corn  
Orange  
Milk  
GRAB & GO\*\*  
Taco Salad or Pretzel W/Cheese  
or PBJ

**23** NO SCHOOL

**30** LUNCH;  
Chicken Wings  
Potato Wedges  
Peaches  
Milk  
GRAB & GO\*\*  
Spinach Strawberry Salad or  
Chicken Caesar Wrap or PBJ

### News

Availability of Product depends on Menu change.

Students have the right to refuse 2 lunch items. ½ cup fruit or Vegetable a must.

Prices: 6-12 \$3.00

Reduced \$0

Adult and Staff \$5.00

\*\*Salads, cold Sandwiches and PBJ are in grab and Go containers that make a complete lunch.

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