



LUNCH

OCTOBER 2026

Lyman Hall and Sheehan High Schools

Don't Forget—ALL students will
receive breakfast each day AT NO
CHARGE. Start your day READY TO
LEARN

Monday

Tuesday

Wednesday

Thursday

Friday

Sunday Dinner on Monday 5

Breaded Chicken Drumstick
Whipped Potatoes w/Gravy
Southern Biscuit
Fruit Choices Milk Choice

Cheesy Lasagna Roll Up 6

With Meat Balls
Garlic Knot Roll
Seasoned Green Beans
Fruit Choices Milk Choice

Steak & Cheese Grinder with 7

Peppers & Onions
Maple Glazed Sweet Potato
Fries
Fruit Choices Milk Choice

General Tso Chicken 1

Fried Rice with Egg Roll
Stir Fry Vegetables
Fruit Choices
Milk Choice

Wild Mike's Pizza Slice 2

Garden Salad
Fruit Choices
Milk Choice

12

**Columbus Day
No School**

Turn Up the HEAT Day! 13

Fire Chicken Fingers
Spicy Curry Fries
Garlic Bread Stick
Fruit Choices Milk Choice

Meat Ball Grinder with 14

Marinara & Cheese
California Blend Veggies
Fruit Choices
Milk Choice

Grilled Chicken Club on 8

Ciabatta Roll
Tater Square Potatoes
Fruit Choices
Milk Choice

Pizza Crunchers 9

Caesar Salad
Fruit Choices
Milk Choice

Crispy Chicken 15

Tenders with Dinner Roll
Home Fried Potatoes
Fruit Choices
Milk Choice

Sal's Garlic Pizza 16

Garden Salad
Fruit Choices
Milk Choice

Breaded Mozz Sticks 19

Marinara Dipping Sauce
Dinner Roll
Steamed Broccoli
Fruit Choices Milk Choice

Walking Taco with 20

Doritos
Cheese, Salsa, Sour Cream
Lettuce & Tomato
Fruit Choices Milk Choice

Burger Bar 21

Beef Patty on Bun with
Cheese, Lett, Tom, Pickle
Oven Fries
Fruit Choices Milk Choice

Early Dismissal 22

French Toast Sticks with
Chicken Tenders
Potato Rounds
Fruit Choices
Milk Choice

Wild Mike's Pizza Bites 23

Kernel Corn
Fruit Choices
Milk Choice

Baked Mac & Cheese 26

Garlic Texas Toast Slice
Capri Blend Veggies
Fruit Choices
Milk Choice

Mega Mini Chicken Chunks 27

Warm Dinner Roll
Garden Salad
Fruit Choices
Milk Choice

All Beef Hot Dog on Bun 28

With Assorted Toppings
Maple Glazed Sweet Potato
Fries
Fruit Choices Milk Choice

Chicken Parm on Bun 29

Pasta Side with Marinara
Fruit Choices
Milk Choice

Big Daddy Pizza Slice 30

Garden Salad
Fruit Choices
Milk Choice

Daily Options: Pizza of the Day, Assorted Deli Sandwiches and Wraps, and Assorted Chef Salads

Rainbow Fresh Veggie Choices Daily

Milk Choices: 1% White, Fat Free Chocolate & Lactaid **Fresh, Canned & Dried Fruit Choices**

This institution is an equal opportunity provider