

SMALL HIGH SCHOOL MENU

OCTOBER 2026 • BREAKFAST & LUNCH



**Learn more about our
farm to school story
thecentralkitchen.org**

MON 10/5

Smoothie & Oatmeal Round 🍷🌱

Smoked BBQ Chicken Sandwich & Fries 🍷
-or- Nashville Chicken Wrap -or- Hummus and Tzatziki Wrap 🍷🌱

TUE 10/6

Bagel & Cream Cheese 🌱

Honey Chipotle Chicken Bowl 🍷 -or- Fish Patty Sandwich -or- Kicken Nugget Chile Verde Bowl 🍷🌱

WED 10/7

Fresh Baked Muffin 🍷🌱

Chicken Pasta Alfredo 🍷 -or- Pepperoni Pizza - or Cheese Pizza 🌱

THU 10/1

Turkey Sausage Breakfast Square

Mesquite Chicken Drumstick & Cornbread 🍷 -or- Korean BBQ Chicken & Fried Rice 🍷 -or- Kickin Tenders & Cornbread 🍷🌱

FRI 10/2

Chicken Chili Crispito w/Salsa

Tex Mex Queso Beef Burrito 🍷
-or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito 🍷🌱

MON 10/12

HOLIDAY

TUE 10/13

Pancake Pup with Syrup

Chicken Crispito -or- Sunbutter Sandwich and Cheez-Its 🌱

WED 10/14

Fresh Baked Muffin 🍷🌱

Chicken Pasta Alfredo 🍷 -or- Pepperoni Pizza -or- Cheese Pizza 🌱

THU 10/15

Breakfast Pizza Bagel

Mesquite Chicken Drumstick & Cornbread 🍷 -or- Korean BBQ Chicken & Fried Rice 🍷 -or- Kickin Tenders & Corn Bread 🍷🌱

FRI 10/16

Chicken Chili Crispito w/Salsa

Tex Mex Queso Beef Burrito 🍷 -or- Roasted Turkey Sandwich -or- Tex Mex Queso Bean Burrito 🍷🌱

MON 10/19

Smoothie & Oatmeal Round 🍷🌱

Smoked BBQ Chicken Sandwich & Fries 🍷
-or- Nashville Chicken Wrap -or- Hummus and Tzatziki Wrap 🍷🌱

TUE 10/20

Bagel & Cream Cheese 🌱

Honey Chipotle Chicken Bowl 🍷 -or- Fish Patty Sandwich -or- Kicken Nugget Chile Verde Bowl 🍷🌱

WED 10/21

Fresh Baked Muffin 🍷🌱

Chicken Pasta Alfredo 🍷 -or- Pepperoni Pizza -or- Cheese Pizza 🌱

THU 10/22

Egg & Potato Breakfast Bowl 🍷🌱

Cowboy Beef Stew 🍷
-or- Mandarin Chicken & Fried Rice 🍷
-or- Korean BBQ Tofu and Fried Rice Bowl 🍷🌱

FRI 10/23

Chicken Chili Crispito w/Salsa

Spicy Crispy Chicken Sandwich -or- Roasted Turkey Sandwich -or- Hummus Bento Box 🍷🌱

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MON 10/26

Pancakes & Turkey Sausage

Chili Cheese Beef Hot Dog

-or- Nashville Tenders & Mac Bowl
-or- Kickin Tenders & Mac Bowl

TUE 10/27

Garden Frittata & Salsa

Cheeseburger & Fries
-or- Fish Sandwich & Fries
-or- Black Bean Burger & Fries

WED 10/28

Fresh Baked Muffin

Chicken Pasta Alfredo
-or- Pepperoni Pizza
-or- Cheese Pizza

THU 10/29

Breakfast Pizza Bagel

Mesquite Chicken Drumstick & Cornbread
-or- Korean BBQ Chicken & Fried Rice
-or- Kickin Tenders & Corn Bread

FRI 10/30

Chicken Chili Crispito w/Salsa

Tex Mex Queso Beef Burrito
-or- Roasted Turkey Sandwich
-or- Tex Mex Queso Bean Burrito



[Learn about National Farm to School HERE](#)

CREATING THRIVING COMMUNITIES: LOCAL FOOD IN EVERY SCHOOL

Local food procurement can create healthier schools and stronger communities. When we purchase directly from local farmers and ranchers students enjoy fresher, healthier meals while creating important market opportunities for small and mid-sized producers.

Local procurement can be complex and requires thoughtful planning, partnerships, funding, and investment.

We believe that our students deserve the best school meals possible with simple clean ingredients for life long healthy outcomes.

This Farm to School Month, we're highlighting the importance of local procurement, advocating for policies and funding that support it, and celebrating our team and our partners like Soil Born Farms and Food Literacy Center that making this work possible.

All meals include: Fat-free, low-fat or lactose-free milk choices.

- Breakfast options: Listed entrée or General Mills Whole Grain Cereal with sides.
- Various seasonal fruit or vegetable offerings available for breakfast and lunch.

This institution is an equal opportunity provider.

Menus subject to change.



Vegetarian



Freshly Prepared by Central Kitchen

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**EVERY STUDENT DESERVES A HEALTHY CAMPUS EVERY DAY.
DID YOU KNOW YOUR STUDENT STORE IS ONLY ALLOWED TO
SELL HEALTHY SNACKS?**

SECONDARY SCHOOL FUNDRAISING – FOOD & BEVERAGES

During the school day and until 30 minutes after school (or 30 minutes after the after school program at Middle Schools)

- Only student organizations may sell food or drinks to students.
- Parents, PTAs, PTSAs, booster clubs, community groups, individuals, and businesses cannot sell food or beverages to students during these hours.
- Only one student organization may sell each day.
- A group may sell up to 3 types/categories of food or beverages per day.
- No food or drinks may be prepared on campus.
- Fundraising items cannot be the same type of food or beverage being sold by the school nutrition program that day.
- Sports, energy drinks, or sodas are not allowed to be sold on campus.

Today's students are facing health challenges that are closely connected to nutrition, including obesity, prediabetes and Type 2 diabetes, high blood pressure, high cholesterol, fatty liver disease, iron deficiency, dental disease, and other nutrition-related conditions. We are working to improve health outcomes for every student. Help us ensure your campus is healthy every day.

**Learn about Healthy Snacks and Fundraisers
HERE**



Central Kitchen scratch made
cheese sauce, tender pasta,
served with crispy Nashville hot
chicken tenders.

CENTRAL
KITCHEN



Scratch Made Mac & Cheese
with Nashville Hot Seasoned
Chicken Tenders