

OCTOBER 2026

Grades 7-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 Breakfast
Breakfast Pizza
Fruit Milk Fruit Juice
Lunch
Pork BBQ/W.W. Bun or
Cheese Quesadilla
French Fries Baked Beans
Fruit Milk

6 Breakfast
Cinnamon Pull Apart
Fruit Milk Fruit Juice
Lunch
Chicken Tenders/W.W. Roll
Mashed Potatoes
Glazed Carrots
Fruit Milk

7 Breakfast
Bacon & Egg Biscuit
Fruit Milk fruit Juice
Lunch
Grilled Chicken Sandwich or
Pork Rib Sandwich Fries
Lettuce/Tomato/Onion/Pickle
Mixed Vegetables Fruit Milk

8 Breakfast
Breakfast Bread
Fruit Milk Fruit Juice
Lunch
Corn Dog Nuggets or
PB&J Sandwich
Macaroni & Cheese Broccoli
Fruit Milk

9 Breakfast
Sausage Biscuit
Fruit Milk Fruit Juice
Lunch
Sliced Pizza
Green Beans
Corn
Fruit Milk

12
Fall Break
No School

13
Fall Break
No School

14
Fall Break
No School

15
Fall Break
No School

16
Fall Break
No School

19 Breakfast
Dutch Waffle
Fruit Milk Fruit Juice
Lunch
Beef Teriyaki Nugget or
Spicy Chicken Chunks
W.W. Roll Mashed Potatoes
Carrots Fruit Milk

20 Breakfast
I.W. Pancakes
Fruit Milk Fruit Juice
"Taco in a Bag Lunch"
Tortilla Chips Salsa Cup
Lettuce/Tomato/ Cheese or
PB&J Sandwich Black Beans
Corn Fruit Milk

21 Breakfast
Sausage Biscuit
Fruit Milk Fruit Juice
Lunch
Chicken Sandwich
Lettuce/Tomato/Onion/Pickle
Or PB&J Sandwich
Mixed Vegetables Fruit Milk

22 Breakfast
Cinnamon Roll
Fruit Milk Fruit Juice
Lunch
Orange Chicken
Egg Roll Steamed Broccoli
Vegetable Fried Rice
Fruit Milk

23 Breakfast
Chicken Biscuit
Fruit Milk Fruit Juice
Lunch
Hamburger or Hot Dog/Chili
Lettuce/Tomato/Onion/Pickle
French Fries Baked Beans
Fruit Milk

26 Breakfast
I.W. Pancakes
Fruit Milk Fruit Juice
Lunch
Chicken Tenders/W.W. Roll
Mashed Potatoes
Steamed Broccoli
Fruit Milk

27 Breakfast
Cinnamon Pull Apart
Fruit Milk Fruit Juice
Lunch
Spaghetti/Meat Sauce
1 Mozzarella Breadstick
Or PB&J Sandwich
Green Beans Fruit Milk

28 Breakfast
Sausage Biscuit
Fruit Milk Fruit Juice
Lunch
Spicy Chicken Sandwich or
Cheese Quesadilla Fries
Lettuce/Tomato/Onion/Pickle
Baked Beans Fruit Milk

29 Breakfast
Donut Holes
Fruit Milk Fruit Juice
Lunch
Popcorn Chicken/W.W. Roll
Mashed Potatoes
Glazed Carrots
Fruit Milk

30 Breakfast
Bacon & Egg Biscuit
Fruit Milk Fruit Juice
Lunch
2 Mozzarella Breadsticks
Marinara Cup or
PB&J Sandwich Green Beans
Corn Fruit Milk

News

Breakfast and Lunch
offered daily at
No Cost.

Variety Cereal offered
daily at Breakfast as
an alternate.

Milk Offered
1% White
F.F. Flavored

Variety Fruit offered
daily at Lunch at
JCHS.

Tossed Salad offered
daily at Lunch.

**Menus Subject to
Change.**

**USDA is an equal
opportunity
provider, employer
and Lender.**