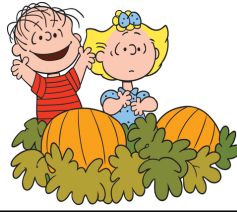




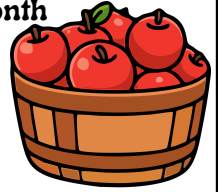
OCTOBER 2026



Pennsylvania Harvest of the Month



APPLES



Cheeseburger (K-12)
Buffalo Chicken Wrap (6-12)
Sweet Potato Fries
Baked Beans
Banana

1:00 DISMISSAL
Julia's Pepperoni & Cheese Roll
Broccoli Salad
Applesauce

Muffin
Parfait
Blueberries

Bacon, Egg & Cheese Croissant or Cereal
Go-Gurt
Banana

1

2



BBQ Pork Rib Patty
Fritos Corn Chips
Creamed Lettuce
Three Bean Salad
Orange

Italian Wrap
Turkey Noodle or Cabbage Soup
Cucumbers/Dip
Mixed Fruit

Chicken Tenders
French Fries
Corn
Banana

Hot Roast Beef Sandwich
Whipped Potatoes & Gravy
Green Beans
Pears

Sweet Roll
Smoothie
Applesauce

Chicken & Waffle or Cereal
String Cheese
Orange

Muffin
Parfait
Mixed Fruit

French Toast & Sausage or Cereal
Go-Gurt
Banana

5

6

7

8

9



Breakfast Pizza
Tossed Salad
Seasoned Chickpeas
Craisins

Mini Corn Dogs
Vegetable or Wedding Soup
Mini Carrots/Dip
Strawberries

Chicken Nuggets (K-12)
General Tso (6-12)
Rice
Broccoli
Mandarin Oranges

Hoagie
Lettuce, Tomato & Pickle
Macaroni Salad
Banana

Cinnamon Roll
Frozen Yogurt Bark
Pears

Egg & Cheese Wrap or Cereal
String Cheese
Craisins

Muffin
Parfait
Strawberries

Bacon, Egg & Cheese Croissant or Cereal
Go-Gurt
Mandarin Oranges

12

13

14

15

16

Lasagna
Steamed Carrots
Blueberries
Bread

Cheese Breadsticks
Marinara Sauce
Creamed Lettuce
Apple Slices

Chicken Patty
Beef Noodle or Potato Soup
Broccoli/Dip
Pineapple

Grilled Ham & Cheese
Tater Tots
Garden Pasta Salad
Banana

Walking Taco
Lettuce & Tomato
Salsa & Refried Beans
Peaches

Loaded Tots or Cereal
Yogurt
Craisins

Banana Bread
Smoothie
Blueberries

Breakfast Tornado or Cereal
String Cheese
Apple Slices

Muffin
Parfait
Pineapple

Pancakes & Sausage or Cereal
Go-Gurt
Banana

19

20

21

22

23

Chicken Nuggets (K-12)
General Tso (6-12)
Rice
Broccoli
Mandarin Oranges

Hamburger or Fish Sandwich
Macaroni & Cheese
Peas
Coleslaw
Applesauce

Hot Dog
Chili or Chicken Noodle Soup
Mini Carrots/Dip
Mixed Fruit

Chicken Parmesan
Buttered Noodles
Caesar Salad
Banana
Garlic Knot

Pizza Round
Creamed Lettuce
Orange
Jello

Bagel & Hash Brown or Cereal
Yogurt
Peaches

Donuts
Frozen Yogurt Bark
Mandarin Oranges

Egg & Cheese Wrap or Cereal
String Cheese
Applesauce

Muffin
Parfait
Mixed Fruit

Chicken & Waffle or Cereal
Go-Gurt
Banana

26

27

28

29

30

BREAKFAST & LUNCH ARE FREE FOR ALL STUDENTS

BREAKFAST INCLUDES JUICE & MILK, LUNCH INCLUDES MILK—Fat Free, 2%, Whole & 1% Chocolate Milk

MENU SUBJECT TO CHANGE

Keep your children healthy & strong with SNAP & nutritious foods all year long. Apply for SNAP at 1-833-834-2900 or online at www.TapestryOfHealth.org