

Breakfast Menu for Metcalfe High & Middle**October 2026**

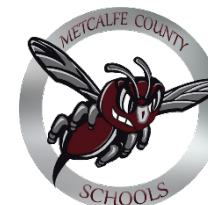
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham Egg & Cheese Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	2 Donut Friday! Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit
5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	9 Fall Break
12 Chicken Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	13 Breakfast Pizza Fruit Smoothies Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	14 Assorted Pastries Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	15 Bacon Egg & Cheese Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	16 Biscuit & Gravy Fruit & Yogurt Parfait Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit
19 Sausage Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	20 Tornados Fruit Smoothies Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	21 Fresh Baked Pastries Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	22 Ham Egg & Cheese Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	23 Donut Friday! Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit
26 Chicken Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	27 Breakfast Pizza Fruit Smoothies Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	28 Assorted Pastries Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	29 Bacon Egg & Cheese Biscuit Bagels Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit	30 Biscuit & Gravy Fruit & Yogurt Parfait Assorted Cereals, Bars, Pop Tarts 100% Fruit Juice Seasonal Fresh Fruit

Whole Grain Strawberry, Chocolate or Cinnamon Pop Tarts are available daily.

1% or Fat Free
White or Flavored Milk
Available Daily!

Meat/Meat alternatives are listed in bold type • Menu is subject to change due to availability of food items.

Seasonal fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).


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This institution is an equal opportunity provider.

Lunch Menu for Metcalfe High & Middle**October 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Spaghetti Side Salad Garlic Bread Fresh Veggies Assorted Fresh Fruit Ice Cream	2 Sack Lunches
5 Fall Break	6 Fall Break	7 Fall Break	8 Fall Break	9 Fall Break
12 Chicken Fingers Salisbury Steak Whole Kernel Corn Mashed Potatoes Green Beans Roll Assorted Fresh Fruit	13 Beef Tacos Chips & Salsa Seasoned Black Beans Guacamole Side Salad Fresh Veggies Assorted Fresh Fruit	14 Chicken Fillet w/ Bun Pizza Crunchers Green Peas Waffle Fries Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	15 BBQ Chicken Ranch Potatoes Corn On the Cob Roll Fresh Veggies Assorted Fresh Fruit	16 All Beef Hot Dog w/ Bun Tater Tots Cole Slaw Ice Cream Cup Fresh Veggies Assorted Fresh Fruit
19 Pizza Corn Dog Baked Chips Side Salad Fresh Veggies Mandarin Oranges Assorted Fresh Fruit	20 Extreme Nachos Side Salad Chips & Salsa Refried Beans Fresh Veggies Sliced Peaches Assorted Fresh Fruit	21 Pepperoni Calzone Baked Chips Side Salad Fresh Veggies Fresh Baked Cookie Assorted Fruit	22 Breakfast for Lunch Chicken or Sausage Scrambled Eggs Biscuit & Gravy Hash Brown Fresh Veggies Assorted Fruit	23 Buffalo Chicken Dip Tostitos Scoops Side Salad Fresh Veggie Cup Fruit & Yogurt Parfait Fresh Fruit Brownie
26 Hamburger Curly Fries Baked Beans Rice Krispy Square Fresh Veggies Assorted Fresh Fruit	27 Cheesy Chicken and Rice Chips and Salsa Fresh Veggies Guacamole Ice Cream Cup Assorted Fresh Fruit	28 Cheese Breadsticks Hot Ham & Cheese Side Salad Baked Chips Fresh Veggies Brownie Assorted Fresh Fruit	29 Chicken Bacon Ranch Pasta Garlic Bread Side Salad Fresh Veggies Assorted Fresh Fruits Ice Cream	30 Pork BBQ Baked Potato Bar Mac & Cheese Fresh Veggies Assorted Fresh Fruit

Salad Boxes and Sandwich Boxes are available daily!

1% or Fat Free
White or Flavored Milk
Available Daily!

Meat/Meat alternates are listed in bold type • Menu is subject to change due to availability of food items

Assorted fresh fruit may include apples (19g), bananas (23g), oranges (11g), or pears (19g).

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