

October 2026

Niagara Falls City School District NFHS / Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Burger Monday		Pasta Wednesday	Pizza Thursday	Veg of the Month
			1	Cabbage 2
			Pepperoni Pizza	Cheeseburger
			Lettuce & Tom Salad	Oven Crisp Fries
			Bagged Carrots	Baked Beans
			Fresh Fruit	Fresh Fruit
			NYS Milk Choice	NYS Milk Choice
5	6	Dinner Roll 7	8	9
BBQ Burger	Buffalo Chicken Wrap	Penne Pasta	Pepperoni Pizza	Chicken Patty
Tator Tots	Oven Crisp Fries	Bolognaise	Lettuce & Tom Salad	Potato Wedges
Baked Beans	Broccoli & Carrots	Green Beans	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 12	13	Dinner Roll 14	15	16
Cheeseburger	Hot Dog	Pasta Alfredo	Pepperoni Pizza	Pizza Crunchers
Oven Crisp Fries	Chili Con Carne	w/ Diced Chicken	Lettuce & Tom Salad	Tator Tots
Baked Beans	Mixed Vegetable	Green Beans	Bagged Carrots	Cabbage
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 19	20	Dinner Roll 21	22	w/g bun 23
BBQ Burger	Beef & Cheese Wrap	Spaghetti	Pepperoni Pizza	Hot Dog W/G Bun
Tator Tots	Brown Rice	Bolognaise	Lettuce & Tom Salad	Chili Con Carne
Baked Beans	Green Beans	Mixed Vegetable	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Chilled Fruit	Fresh Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 26	27	Dinner Roll 28	29	30
Hamburger	Chicken Patty	Penne Pasta	Pepperoni Pizza	Pizza Crunchers
Oven Crisp Fries	Potato Wedges	Bolognaise	Lettuce & Tom Salad	Tator Tots
Baked Beans	Mixed Vegetable	Green Beans	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Chilled Fruit	Fresh Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice

October Vegetable of the Month - Cabbage - Served every Friday

Menu subject to change

* Milk includes 1%, fat free & flavored fat free

* All bread items are whole wheat or whole grain

* Under the Community Eligibility Provision of the USDA, All NFCS D Students receive a meal at no charge for both Breakfast and Lunch

October 2026 Halal Menu

Niagara Falls City School District NFHS / Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Burger Monday		Pasta Wednesday	Pizza Thursday	Veg of the Month
			1	Cabbage 2
			Cheese Pizza	Cheeseburger
			Lettuce & Tom Salad	Oven Crisp Fries
			Bagged Carrots	Baked Beans
			Fresh Fruit	Fresh Fruit
			NYS Milk Choice	NYS Milk Choice
5	6	Dinner Roll 7	8	9
BBQ Burger	Buffalo Chicken Wrap	Penne Pasta	Cheese Pizza	Chicken Patty
Tator Tots	Oven Crisp Fries	W/Marinara Sauce	Lettuce & Tom Salad	Potato Wedges
Baked Beans	Broccoli & Carrots	Green Beans	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 12	13	Dinner Roll 14	15	16
Gardenburger	Hot Dog	Pasta Alfredo	Cheese Pizza	Pizza Crunchers
Tator Tots	Chili Con Carne	w/ Diced Chicken	Lettuce & Tom Salad	Tator Tots
Baked Beans	Mixed Vegetable	Green Beans	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 19	20	Dinner Roll 21	22	w/g bun 23
BBQ Gardenburger	Vegetarian Wrap	Spaghetti	Cheese Pizza	Hot Dog W/G Bun
Tator Tots	Brown Rice	W/Marinara Sauce	Lettuce & Tom Salad	Tomato Soup
Baked Beans	Green Beans	Mixed Vegetable	Bagged Carrots	Cabbage
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
w/g bun 26	27	Dinner Roll 28	29	30
Halal Burger	Chicken Patty	Penne Pasta	Cheese Pizza	Pizza Crunchers
Tator Tots	Potato Wedges	W/Marinara Sauce	Lettuce & Tom Salad	Tator Tots
Baked Beans	Mixed Vegetable	Green Beans	Bagged Carrots	Cabbage
Chilled Fruit	Fresh Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice

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