



EMS OCTOBER 2026

This institution is an equal opportunity provider, employer, and lender.

Menu subject to change.

A new Free & Reduced Meal Application must be submitted each year online @ www.payschoolscentral.com or download their Mobile App . Online Payments can also be made through the PaySchool Central Mobile App.

Monday

Tuesday

Wednesday

Thursday

Friday

Fiesta Bowl
Taco Meat 5 or Chicken 2
Fiesta Rice 21
Queso Cheese 1,
Corn 16 & Black Beans 20
Nacho Chips 18
100% Juice
Milk

5

Cinnamon French Toast 45
Egg & Cheese Omelet 1
Or Pepperoni Pizza 32
Potato Bites 19
Fresh Carrots 6
Strawberry Cup 22
Milk

6

Chicken Tenders 15
Or French Bread Pepp. Pizza 32
Cheesy Mashed Potatoes 17
Fresh Carrots 6
Chocolate Chip Muffin 28
Diced Peaches 14
Milk

7

Sweet & Sour Chicken 22
Fried Rice 27 & Sweet Roll 24
Or Breaded Chicken Patty 40
Steamed Broccoli 5
Fresh Carrots 6
Pineapple 16
Milk

1

Rotini Pasta W/Meat Sauce 24
Cheesy Breadstick 12
Or Cheesy Breadsticks 24
Marinara Sauce 3
Salad 2 W/Ranch Dip 2
Grape Tomatoes 6
Diced Pears 16
Milk

8

Cheese Pizza Rolls 41
Pepp. Pizza Rippers 30
Marinara Sauce 6
Seasoned Corn 16
Mixed Fruit 15
Milk

2

No School
Teacher In-Service Day

9



Chicken 12 & Waffle 15
Or Wedge Slice Pepp. Pizza 32
Potato Bites 19
Fresh Carrots 6
100% Juice
Milk

12

Meatball Sub 38
W/Mozz Cheese
Or Hot Dog on a Bun 32
Baked Beans 26
Fresh Carrots 6
Applesauce 15
Milk

13

Walking Taco
Taco Meat 5, Doritos 20
Or Chicken Quesadilla Pizza 38
Lettuce & Cheese 3
Seasoned Corn 16
Frozen Peach Cup 21
Milk

14

Cheeseburger Sandwich 26
Or Tenderloin Sandwich 37
Seasoned Fries 20
Grape Tomatoes 6
Mixed Fruit 15
Milk

15

Macaroni & Cheese 32
BBQ Pork Sandwich 41
Steamed Broccoli 5
Fresh Veggies
Chocolate Chip Cookies 18
Diced Pears 16
Milk

16

Bulldog Bowl
Popcorn Chicken 15
& Sweet Roll 24
Or French Bread Pepp. Pizza 32
Mashed Potatoes 17 & Gravy 3
Corn 16
Applesauce 15
Milk

19

Cinnamon French Toast 45
Sausage Links 0
Or Pepperoni Pizza 32
Potato Bites 19
Fresh Carrots 6
100% Juice
Milk

20

Mozzarella Cheese Sticks 32
Or Pepperoni Calzone 32
Marinara Sauce 8
Green Beans 4
Diced Peaches 14
Milk

21

Chicken Tender Wrap 41
Or Stuffed Crust Cheese Pizza 36
Lettuce & Cheese 3
Baked Beans 26
Sliced Apples 7
Milk

22

Alfredo Pasta 31
Cheesy Breadstick 12
Or Cheesy Breadsticks 24
Marinara Sauce 3
Steamed Broccoli 5
Fresh Veggies
Diced Pears 16
Milk

23

Loaded Tots 21
Taco Meat 5 & Cheese .5
Or Tenderloin Sandwich 37 & Tater Tots 21
Fritos 12
Frozen Slushie 22
Milk

26

Chicken Drumstick 11
Macaroni & Cheese 23
Or Wedge Slice Pepp. Pizza 23
Green Beans 4
Fresh Carrots 6
Strawberry Cup 22
Milk

27

Mini Corn Dogs 33
Or Stuffed Crust Cheese Pizza 36
Baked Beans 26
Fresh Veggies
Applesauce 15
Milk

28

Sweet & Sour Chicken 22
Fried Rice 27 & Sweet Roll 24
Or Breaded Chicken Patty 40
Steamed Broccoli 5
Fresh Carrots 6
Mandarin Oranges 20
Milk

29

IT'S NOT A TRICK IT'S A TREAT
THERE IS NO SCHOOL TODAY!

30



Meal Cost: Lunch: Paid \$2.70 Reduced & Free to those who qualify-- No Charge

Charge Policy: A student may charge a meal when necessary, any unpaid charges will be applied to student fees.

Fresh Salad Offered Daily: Popcorn Chicken 15, Lettuce/ Cheese 5, & Cheez- It 14. Students may also choose 1 vegetable offered, fruit & milk. **Dressings:** French 11, Honey Mustard 8 Italian 5, Ranch 10

Carb Counts: Milk- Chocolate 24, White 13 **Condiments:** BBQ 5, Butter 0, Hot Sauce 0, Jelly 6, Ketchup 2, Mayo 2, Mustard 0, Ranch Dip 2, S&S Sauce 11, Sour Cream 1, Soy Sauce 0, Syrup 30, Syrup SF 4, Taco Sauce 1.

Fruits: Apple Slices 7, Applesauce 15/Flavored 17, Banana 27, Blueberries (10) W/Topping 12 Grapes 18, Orange 21/Slices 11, Peaches 14, Pears 16, Pineapple 16, Slushie 22, Strawberries Fresh 6/Frozen Cup 22 **Juice:** Apple/Fruit Punch 14, Grape 18, OJ 12

Veggies: Broccoli 5, Carrots 6, Celery 2, Cucumbers 2, Tomatoes 4