

OCTOBER 2026

LUNCH – Middle and High Schools

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 **CHOICE:**
Popcorn Chicken MS 10g / HS 15g
w/Cheese g & Cheez-its 14g
Alternate Main: Cheeseburger 27g

Served with: Mashed Potatoes 15g,
Corn 8g, w/Gravy 7g
Fresh Broccoli, Carrots, Fruit & Milk

12 **CHOICE:**
Chicken Nuggets 26g
Alternate Main: Breaded Chicken
Sandwich 40g

Served with: Mashed Potatoes 15g
w/gravy 6g
Fresh Broccoli, Carrots, Fruit & Milk

19 **CHOICE:**
Chicken Tenders 21g + Grahams 11g
Alternate Main: BBQ Rib Sandwich
38g

Served with: Glazed Carrots 10g
Fresh Broccoli, Carrots, Fruit & Milk

26 **CHOICE:**
Chicken Drumstick 10g w/Cookie MS
18g / HS 36g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Northwest Blend 7g
Fresh Broccoli, Carrots, Fruit & Milk

6 **CHOICE:**
Breaded Chicken Sandwich 41g
Alternate Main: Cheeseburger 27g

Served with: Baked Beans 23g
Fresh Tomatoes, Celery, Fruit & Milk

13 **CHOICE:**
Tangerine Chicken MS 17g / HS 26g
w/Fried Rice MS 26g / HS 52g +
Fortune Cookie 3g
Alternate Main: Breaded Chicken
Sandwich 40g

Served with: Normandy Blend 3g
Fresh Tomatoes, Celery, Fruit & Milk

20 **CHOICE:**
BBQ Pork Sandwich 41g
Alternate Main: BBQ Rib Sandwich
38g

Served with: Baked Beans 23g
Fresh Tomatoes, Celery, Fruit & Milk

27 **CHOICE:**
BBQ Rib Sandwich 38g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Smiles 25g
Fresh Tomatoes, Celery, Fruit & Milk

7 **CHOICE:**
Mac n' Cheese Bites MS 21g / HS 27g
Alternate Main: Cheeseburger 27g

Served with: Green Beans 4g
Fresh Broccoli, Cucumbers, Fruit &
Milk

14 **CHOICE:**
Cheeseburger 27g
Alternate Main: Breaded Chicken
Sandwich 40g

Served with: French Fries 20g
Fresh Broccoli, Cucumbers, Fruit &
Milk

21 **CHOICE:**
Fiesta 28g
Alternate Main: BBQ Rib Sandwich
38g

Served with: Wedge Fries 18g
Fresh Broccoli, Cucumbers, Fruit &
Milk

28 **CHOICE:**
Quesadillas MS 31g / HS 41g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Refried Beans 25g
Fresh Broccoli, Cucumbers, Fruit &
Milk

1 **CHOICE:**
Salisbury Steak 4g + Sweet Yeast
Roll 32g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Mashed Potatoes 15g
w/gravy 6g + Fresh Tomatoes,
Carrots, Fruit & Milk

8 **CHOICE:**
Pancakes 41g w/Sausage 2g
Alternate Main: Cheeseburger 27g

Served with: Hash Browns 15g
Fresh Tomatoes, Carrots, Fruit &
Milk

15 **CHOICE:**
Taco in a Bag (Taco Meat 5g, Cheese
1g, Doritos 27g)
Alternate Main: Breaded Chicken
Sandwich 40g

Served with: Refried Beans 28g
Fresh Tomatoes, Carrots, Fruit &
Milk

22 **CHOICE:**
Steak Alfredo (Steak MS 2g / HS 3g
Alfredo 16g) + Breadstick 13g
Alternate Main: BBQ Rib Sandwich
38g

Served with: Green Beans 4g
Fresh Tomatoes, Carrots, Fruit &
Milk

29 **CHOICE:**
Turkey w/Gravy 2g + Sweet Yeast
Roll 32g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Mashed Potatoes 15g
w/gravy 6g + Fresh Tomatoes,
Carrots, Fruit & Milk

2 **CHOICE:**
Bosco Sticks 36g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Caesar Salad 3g
w/CROUTONS 5g,
Fresh Broccoli, Celery, Fruit & Milk

9 **CHOICE:**
French Bread Pizza 23g
Alternate Main: Cheeseburger 27g

Served with: Steamed Broccoli 5g
w/cheese 2g
Fresh Broccoli, Celery, Fruit & Milk

16
NO SCHOOL

23
NO SCHOOL
(P/T Conferences)

30 **CHOICE:**
Bosco Sticks 36g
Alternate Main: Boneless Wings 23g
+ Goldfish Crackers 14g

Served with: Caesar Salad 3g
w/CROUTONS 5g,
Fresh Broccoli, Celery, Fruit & Milk

PARENT INFO

HS/MS STUDENT PRICES:

Breakfast: FREE
Full price MS lunch: \$3.00
Full price HS lunch: \$3.20
Student Salad: \$3.50
Reduced price MS/HS lunch: \$0.40
FREE (waived for the 26-27 school year)
Free lunch: FREE
**STUDENTS MUST HAVE ADEQUATE
MONEY ON THEIR ACCOUNT IN
ORDER TO PURCHASE ANY OF THE
FOLLOWING ITEMS: A la carte/Snack
items, extra main dish, extra fruit or
veggie, and Milk (only).

DAILY MAIN DISH OPTIONS:

One main and one additional hot option
listed on each day's menu. In addition to
these options: PBJ Uncrustable, Chef
Salad meals are available.

SAUCE PACKETS AVAILABLE DEPENDING ON THE MAIN MENU

ITEM - CARB COUNTS: Ketchup 2g,
Mustard 0g, Mayo 1g, BBQ Sauce 8g, Syrup
30g, Salsa 2g, Taco Sauce 1g

FRESH FRUIT & VEGGIES

A variety of fresh veggies with ranch 2g
will be offered daily, along with many
fresh fruit options.

BREAKFAST

Breakfast is FREE and served in two
convenient locations in the hallway,
between 7:45 am – 8:00 am. All middle
and high school students are encouraged
to take FREE breakfast! Breakfast
includes: 2 grains or 1 grain + 1 meat/meat
alternative, 100% fruit juice and/or fruit, and
milk.

Menu is subject to change. The average carb
count for canned fruit = 19-22g per ½ cup
serving and fruit juice averages 13g carbs. The
average carb count for ½ cup fresh raw
vegetables = 5.4g. White milk is 12g, chocolate
milk is 20g and strawberry milk is 19g. We
follow Offer vs. Serve policy. This institution is
an equal opportunity provider.