

October 2026 STX SALAD BAR MENU 9-12

MONDAY 10/05/26	TUESDAY 10/06/26	WEDNESDAY 10/07/26	THURSDAY 10/08/26	FRIDAY 10/09/26
 REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	 REGULAR MENU

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10/12/26	10/13/26	10/14/26	10/15/26	10/16/26
 HOLIDAY VI-PR Friendship Day	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	 STX AFT Teach Conference No School

October 2026 STX SALAD BAR MENU 9-12

10/19/26	10/20/26	10/21/26	10/22/26	10/23/26
 REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	 REGULAR MENU

October 2026 STX SALAD BAR MENU 9-12

10/26/26	10/27/26	10/28/26	10/29/26	10/30/26
 Open House/Parental Conference No School	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	REGULAR MENU	*SALAD BAR* Chicken Salad 2 oz. Tuna Salad 2.oz Vegetarian Beans 2 oz. Sunflower Seeds 1 oz. Shredded Cheddar Cheese ½ oz. Romaine Lettuce 1cup Shredded Carrots 1/8 cup Diced Tomatoes 1/8 cup Diced Cucumbers 1/8 cup Diced Red peppers 1/8 cup Diced Green peppers 1/8 cup Sliced Black Olives 1/8 cup Mandarin Oranges 1/8 cup Diced Cantaloupe ½ cup Diced Honey Dew ½ cup Diced Watermelon ½ cup Diced Pineapple ½ cup Raisins 1/8 cup Dried Cranberries 1/8 cup WG Bread 1 Slice Quinoa ½ cup Condiments: Dressing (Italian, Ranch and 1000 island) 1.5 oz.	 REGULAR MENU