

October 2026

EAT SMART
BE SMART



ENTRÉE #3 AVAILABLE EVERY DAY: CEREAL YOGURT CHEESESTICK LUNCH BAG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAY B 1

1. BUFFALO CHICKEN DIP with CORN CHIPS
2. PASTA & MEATBALLS
- Sauteed Garlic Spinach
- Sweet Green Pepper Strips

DAY C 2

1. STUFFED CRUST PIZZA
2. HOT DOG ON WG BUN
- Glazed Carrots
- Celery Sticks

AVAILABLE EVERY DAY: **ENTRÉE #3:** 2oz Whole Grain Cereal, Yogurt, Cheese stick Lunch Combo

DAY D 5

1. CHIX NUGGETS & GARLIC STICK
2. BAGEL BUNDLE
- Oven Fries
- Spinach & Strawb. Salad

DAY E 6

1. MAC & CHEESE
2. FRENCH BREAD PIZZA
- Green Beans
- Cauliflower Florets

DAY F 7

1. FRENCH TST STICKS & 2 TURKEY SAUSAGES
2. PIZZA DIPPERS
- Mashed Potatoes
- Green Pepper Strips

DAY A 8

1. CHIX TENDERS & TEXAS TOAST
2. BAGEL BUNDLE
- Buttered Carrots
- Celery Sticks

DAY B 9

1. LARGE PIZZA BAGEL
2. MINI TURKEY CORN DOGS
- Sweet Potatoes Tater Tots
- Chickpea Salad

AVAILABLE EVERY DAY: **ENTRÉE #3:** 2oz Whole Grain Cereal, Yogurt, Cheese stick Lunch Combo

**SCHOOLS
CLOSED**

12

DAY C 13

1. CHICKEN & CHEESE QUESADILLA
2. HOT DOG ON WG BUN
- Corn on the Cob
- Broccoli Florets

DAY D 14

1. CONFETTI PANCAKES & 2 TURKEY SAUSAGES
2. GRILLED CHEESE SANDWICH
- Oven Fries
- Sweet Red Pepper Strips

DAY E 15

1. HOT HONEY GARLIC CHICKEN WINGS & ROLL
2. PASTA & MEATBALLS
- Baked Beans
- Garlic Roasted Chickpeas

DAY F 16

1. PIZZA CRUNCHERS
2. CHICKEN PATTY SANDIWH
- Oven Roasted Zucchini
- Caesar Side Salad

AVAILABLE EVERY DAY: **ENTRÉE #3:** 2oz Whole Grain Cereal, Yogurt, Cheese stick Lunch Combo

DAY A 19

1. CHIX NUGGETS & GARLIC STICK
2. MAC & CHEESE
- Crinkle Fries
- Spinach & Strawb. Salad

DAY B 20

1. BEEF & CHEESE BURRITO
2. FRENCH BREAD PIZZA
- Green Beans
- Lettuce & Tomato Cup

DAY C 21

1. MINI FFRENCH TOAST BAG & 2 PORK SAUSAGES
2. MOZZARELLA STICKS
- Glazed Carrots
- Broccoli Salad

DAY D 22

1. CHIX TENDERS with BUTTERED EGG NOODLES
2. BAGEL BUNDLE
- Peas
- Homemade Creamy ColeSlaw

DAY E 23

1. PIZZA DIPPERS
2. CHEESEBURGER ON BUN
- Sweet Potatoes Tater Tots
- Cucumber Slices

AVAILABLE EVERY DAY: **ENTRÉE #3:** 2oz Whole Grain Cereal, Yogurt, Cheese stick Lunch Combo

DAY F 26

1. BEEF SLOPPY JOE ON BUN
2. PIZZA CRUNCHERS
- Baked Beans
- Chickpea Salad

DAY A 27

1. WALKING TURKEY TACO & DORITOS
2. GRILLED CHEESE SANDWICH
- Corn
- Sweet Red Pepper Strips

DAY B 28

1. TWO PANCAKES & 2 TURKEY SAUSAGES
2. PIZZA DIPPERS
- Potato Smiles
- Baby Carrots

DAY C 29

1. CHICKEN ALFREDO OVER PASTA
2. MEATBALL PARM SANDWICH
- Steamed Broccoli
- Celery Sticks

DAY D 30

1. STUFFED CRUST PIZZA
2. TURKEY & CHEESE ON BUN
- Steamed Green Beans
- Caesar Side Salad

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch .

Lunch Prices

Full Price	\$3.50
Reduced	\$0.00
Adult	\$5.00

Available Daily

ENTRÉE #3: 2oz Whole Grain Cereal, Yogurt, Cheese stick Lunch Combo (V)

Fruit & Veggie Selection

Students may choose two ½ cup servings of fruit and two ½ cup servings of veggies!

Milk Selection

1% white milk
Fat-Free chocolate milk
Fat Free strawberry milk

Your Dining Services Team

GINA D'ADAMO

Food Service Director

856-241-1552 ext. 1097

SWE@nsfm.com

