

OCTOBER 2026

LUNCH K-8

Monday

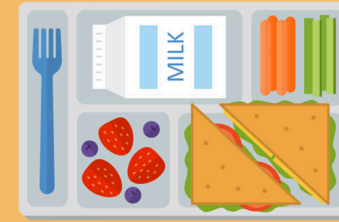
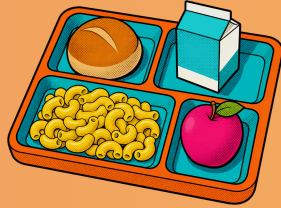
Tuesday

Wednesday

Thursday

Friday

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



5
WG Veggie / Pepperoni Pizza (4.6 oz.)
Seasoned Broccoli (3/4 cup)
Fruit Cocktail (1/2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Cheese Pizza (4.6 oz.)

6
Stewed Chicken Drumsticks
w /Carrots (2 oz.)
WG Seasoned Rice (1 cup)
Stewed Vegetarian Beans (3/4 cup)
Slice Peaches (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. Stewed Tofu (4.4 oz.) w/ Carrots

7
Ground Beef Casserole (6 oz.)
WG Macaroni w/ Marinara Sauce
(1/2 Cup)
Glazed Carrots (3/4 cup)
Pineapple Slice (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. Black Bean Burger Casserole (6 oz.)

1
BBQ Chicken Drumsticks (2 oz.)
Baked WG Macaroni & Cheese (1 cup)
Steamed Carrots (3/4cup)
Fresh Apples (1/2 cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt. BBQ Tofu (4.4oz.)

2
Hamburger Burger w/cheese (2 oz.)
WG Bun (1 ea.)
Lettuce (1 Cup) & Tomato (1/4 cup)
100% Fruit Juice (1 cup)
1% White Milk or Assorted
Flavored Fat Free Milk (8 oz.)
Alt. Black Bean Burger (2 oz.)
Condiments; Salad Dressing & Ketchup

12
HOLIDAY

13
Stewed Chicken w /Carrots (2 oz.)
WG Peas/ Rice (1 cup)
Baked Plantain (1/2 cup)
Pineapple Chunks (1/2 cup)
1% White or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Stewed Tofu (4.4 oz.) w/ Carrots

14
Stew Hot dogs Cut up (2 oz.)
WG Spaghetti (1/2 cup)
Sautéed Cabbage (3/4 cup)
Glazed Carrot (3/4 cup)
Tropical Fruits (1/2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Cut Stew Veggie Hot dog (2 oz.)

15
Arroz Con Pollo
Chicken (2 oz.) ; WG Rice (1 cup)
Steamed Kidney Beans (3/4 Cup)
Applesauce (1/2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt: Arroz Con Tofu (4.4 oz.)

16
Flounder in butter sauce (2 oz.)
WG Coconut Dumpling (1/2 cup)
WG Rice(1 cup)
Buttered Spinach w/ Oka (3/4 cup)
100% fruit Punch (1/2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Veggie Burger in Butter Sauce (2 oz.)
VIRGIN ISLANDS

19
**PROFESSIONAL
DEVELOPMENT**

20
WG Veggie /Pepperoni Pizza (4.6 oz.)
Mixed Vegetables (3/4 Cup)
Pears Halves (1 /2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Cheese Pizza (4.6 oz.)

21
Ground Turkey (2 oz.)
WG Cheesy Macaroni (1/2 cup)
Broccoli (3/4 cup)
Slice Pineapple (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt: Black Bean Burger (2 oz.)

22
Curry Chicken Strips w /Carrots (2 oz.)
Stir Fry Brown Rice (1 cup)
Stewed Kidney Beans (3/4 cup)
Cinnamon Applesauce (1/2 cup)
1% White Milk or Assorted Flavored
Fat Free Milk (8 oz.)
Alt. Curry Tofu w /Carrots (4.4 oz.)

23
Ground beef (2 oz.)(Casserole 6 oz.)
WG Spaghetti (1/2 cup)
Mexican Corn (3/4 cup)
Seasoned Carrots (3/4 cup)
Slice Peaches (1/2 Cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt: Veggie Burger Casserole (6 oz.)

26
WG Cheese / Pepperoni Pizza (4.6 oz.)
Broccoli (3/4 cup)
Pear Halves (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. Cheese Pizza (4.6 oz.)

27
Turkey Roast w/gravy (2 oz.)
WG Rice/w Spinach (1 cup)
Stewed Vegetarian Beans (3/4 cup)
Applesauce (1 /2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. Veggie Tofu in brown sauce (4.4 oz.)

28
Meatballs (2 oz.)
WG Spaghetti w/ Marinara
Sauce (1 Cup)
Butter Carrots (3/4 cup)
Fruit Cocktail (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt: Veggie Meat balls w/ Sauce (2 oz.)

29
BBQ Chicken Drumsticks (2 oz.)
Mashed Potatoes (3/4 Cup)
WG Garlic Slice Bread (1 Slices)
Fresh Oranges (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. BBQ Tofu (4.4 oz.)

30
Hamburger w/Cheese (2 oz.)
WG Hamburger Bun (1 ea.)
(Lettuce 1 Cup, tomatoes 1/4 Cup)
Tropical Fruits (1/2 cup)
1% White Milk or Assorted Flavored Fat
Free Milk (8 oz.)
Alt. Black Bean Burger w/Cheese (2 oz.)