



OCTOBER 2026

PRESCHOOL

FREE LUNCH SERVED DAILY
TO ALL STUDENTS!!!

MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday



1
BIRRIA PUPUSAS
GF/DF QUESADILLA
CORN
ASSORTED FRESH SEASONAL FRUIT

2
FAVORITE PIZZA
CHEESE, VEGAN GF
ITALIAN SALAD W/CHICKPEAS
ASSORTED FRESH SEASONAL FRUIT

5
GRASSFED HAMBURGER
VEGGIE BURGER
GLUTEN FREE BURGER
BAKED FRENCH FRIES
WATERMELON

6
ORGANIC CHICKEN TACOS
VEGAN CHICKEN TACOS
SHREDDED LETTECE/MILD SALSA
ASSORTED FRESH SEASONAL FRUIT

7
TURKEY SANDWICH ON SOFT ROLL
CHEESE SANDWICH
LETTECE/TOMATO
CUCUMBER SLICES
ASSORTED FRESH SEASONAL FRUIT

8
CHICKEN NUGGETS
VEGAN NUGGETS
BAKED SWEET POTATO FRIES
ZUCCHINI STICKS
ASSORTED FRESH SEASONAL FRUIT

9
FAVORITE PIZZA
CHEESE, VEGAN GF
CAESAR SALAD
ASSORTED FRESH SEASONAL FRUIT

12
CHICKEN ALFREDO PASTA BOWL
FRESH STEAMED BROCCOLI
VEGETERIAN PASTA W/BROCCOLI
DAIRY FREE PASTA W/BROCCOLI
ASSORTED FRESH SEASONAL FRUIT

13
CHICKEN QUESADILLA
VEGETERIAN QUESADILLA
MEXICAN CHOPPED SALAD
ASSORTED FRESH SEASONAL FRUIT

14
PETITE GRILLED CHEESE
DF/GF GRILLED CHEESE
CUCUMBER SLICES
ASSORTED FRESH SEASONAL FRUIT

15
CRISPY CHICKEN FINGERS
GF/PB NUGGETS
SWEET POTATO FRIES
ASSORTED FRESH SEASONAL FRUIT

16
FAVORITE PIZZA
CHEESE, VEGAN GF
LEAFY GREEN SALAD
ASSORTED FRESH SEASONAL FRUIT

19
FISH TREASURES
VEGAN/GF CHICKEN NUGGETS
SWEET POTATO TATER TOTS
ASSORTED FRESH SEASONAL FRUIT

20
CHICKEN TERIYAKI BOWL
BROCCOLI & COIN CARROT & EDAMAME
VEGAN TOFU TERIYAKI STIR FRY
FORTUNE COOKIE
ASSORTED FRESH SEASONAL FRUIT

21
GRASSFED BEEF HAMBURGER
VEGGIE BURGER
GLUTEN FREE HAMBURGER
BAKED FRENCH FRIES
ASSORTED FRESH SEASONAL FRUIT

22
PASTA W/ MEAT SAUCE
VEGGIE PASTA/GF PASTA
ZUCCHINI STICKS
ASSORTED FRESH SEASONAL FRUIT

23
STAFF WORKDAY
NO STUDENTS

26
MACARONI & CHEESE
GF/DF MACARONI & CHEESE
MIXED VEGGIES
ASSORTED FRESH SEASONAL FRUIT

27
ROASTED TURKEY W/GRAVY
MASHED POTATOES
STEAMED GREEN BEANS
ASSORTED FRESH SEASONAL FRUIT

28
CRUNCHY CHICKEN SLIDER
VEGAN CHICKEN SLIDER
ZUCCHINI STICKS
ASSORTED FRESH SEASONAL FRUIT

29
GRASSFED HAMBURGER
VEGGIE BURGER
GF BURGER
BAKED FRENCH FRIES
WATERMELON

30
FAVORITE PIZZA CHOICES
PEPPERONI, CHEESE, VEGAN GF
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

ALL MEALS INCLUDE: PROTEIN ENTRÉE, WHOLE GRAINS, AND FRESH FRUIT
VEGETARIAN OPTIONS OFFERED
CHOICE OF MILK: LOW-FAT, SOY OR ALMOND MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER