



OCTOBER 2026

ELEMENTARY K-6TH

FREE LUNCH SERVED DAILY
TO ALL STUDENTS!!!

MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday



5

CHICKEN TERIYAKI BOWL
BROCCOLI & COIN CARROT & EDAMAME
FORTUNE COOKIE
CHICKEN TENDER SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

6

CRUNCHY TACO BAR
CHICKEN/BEEF
SALSA/PICO DE GALLO
MEXICAN CHOPPED SALAD
PINTO BEANS/STREET CORN
VEGAN BEAN TACOS
FRESH VEGGIES
FRUIT SALAD BAR

7

DELI CIABATTA SANDWICH
TURKEY, HAM, VEGGIE
LETTUCE/TOMATO/PICKLES
PEANUT BUTTER & JAM ON WG BREAD
FALL SALAD W/BERRIES &
GRILLED CHICKEN
FRESH VEGGIE & FRUIT SALAD BAR

1

BIRRIA PUPUSAS
TURKEY SANDWICH
SOUTHWEST SALAD
CURTIDO CABBAGE SLAW
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

2

FAVORITE PIZZA CHOICES
PEPPERONI, CHEESE, VEGAN GF
CAESAR SALAD W/CHICKEN
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

12

CHICKEN ALFREDO PASTA BOWL
FRESH STEAMED BROCCOLI
ITALIAN SALAD W/ CHICKPEAS
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

13

QUESADILLA BAR
SALSA /PICO DE GALLO
CHICKEN TACO SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

14

SOUDOUGH
GRILLED CHEESE
DF/GF GRILLED CHEESE
TURKEY SUB
PROTEIN BOX: HB EGG, NUTS,
CHEESE, SEEDS, VEGGIES & BERRIES
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

15

CHICKEN TENDERS
SWEET POTATOE FRIES
GF/PB NUGGETS
GARDEN SALAD W/CHICKEN
TURKEY SUB
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

16

FAVORITE PIZZA CHOICES:
PEPPERONI, PLAIN CHEESE, VEGAN GF
TURKEY, CRANBERRY SPINACH WRAP
HARVEST SALAD
ASSORTED FRESH SEASONAL FRUIT

19

FISH TREASURES
MIXED VEGGIES
CHICKEN CAESAR SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

20

CRUNCHY CHICKEN SLIDERS
FRESH COLESLAW
COWBOY SALAD
HOMEMADE BUTTERMILK RANCH
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

21

TURKEY BURGER
VEGGIE BURGER
BAKED POTATO WEDGES
LETTUCE, TOMATO
CHEESE HOAGIE SANDWICH
CHICKEN COBB SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

22

PASTA W/MEAT SAUCE
RUSTIC BREAD
VEGETARIAN PASTA W/PECORINO
CHEESE SANDWICH
CHEESE (CACIO E PEPE)
TURKEY & SWISS BAGUETTE
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

23

STAFF WORKDAY
NO STUDENTS

26

TURKEY W/GRAVY
MASHED POTATO
MIXED VEGGIES
AUTUMN FARMHOUSE SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

27

NACHO BAR W/TOPPINGS
PICO DE GALLO
PINTO BEANS/STREET CORN
SOUTHWEST SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

28

BBQ GRILLED HAMBURGER
ALL BEEF NITRATE FREE HOT DOG
BABY CARROTS
COBB SALAD
ASSORTED FRESH SEASONAL FRUIT

29

TURKEY SUBMARINE W/CHEESE
VEGGIE SUBMARINE
LETTUCE/TOMATO/PICKLES
PEANUT BUTTER & JAM ON WG BREAD
CHICKEN APPLE SALAD
FRESH GARDEN SALAD BAR
ASSORTED FRESH SEASONAL FRUIT

30

FAVORITE PIZZA CHOICES
PEPPERONI, PLAIN CHEESE, VEGAN
CHICKEN CAESAR SALAD
HARVEST SALAD
ASSORTED FRESH SEASONAL FRUIT

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

** THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER **