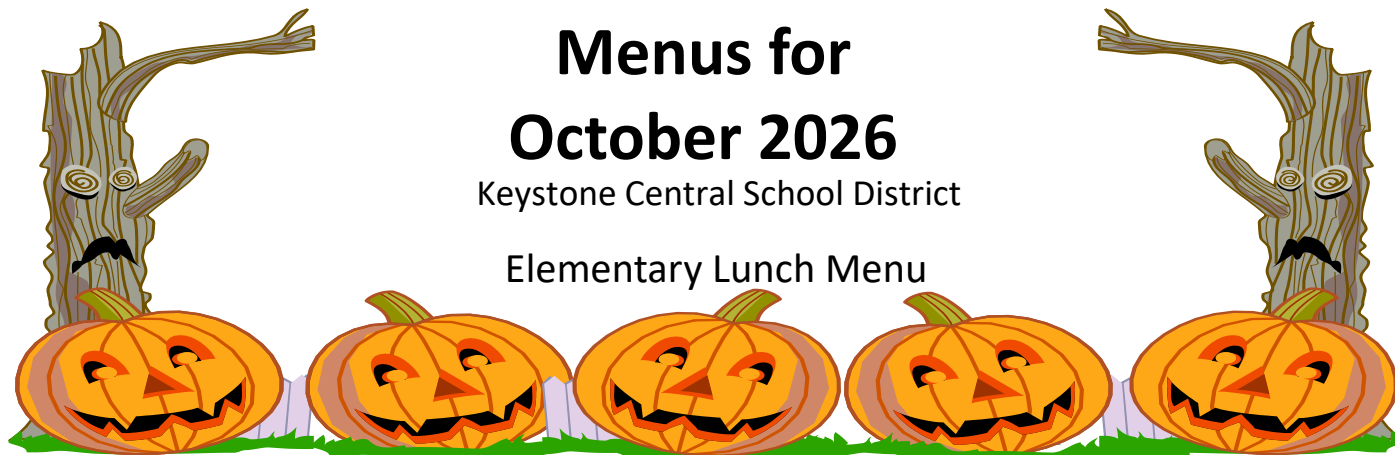




Menus for October 2026

Keystone Central School District

Elementary Lunch Menu

*This institution is an equal opportunity provider and employer. ** Menu Subject to Change*

Thursday, October 1

Cheese Pierogies
Cheesy Breadstick
Salad w/ Dressing
Mixed Vegetables
Fruit Cocktail
Milk

Alternate
Chicken Nuggets
w/ Soft Pretzel
Stick

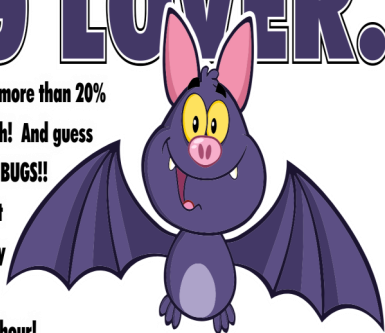
Friday, October 2

Hamburger on Roll
Baked French Fries
Fresh Carrots w/
Dip
Peach Cup
Milk

Alternate
Chicken Nuggets
w/ Soft Pretzel
Stick

BUG LOVER.

Bat species account for more than 20%
of all mammals on earth! And guess
what they love to eat? BUGS!!
A single little brown bat
can eat up to 600 creepy
mosquitoes and other
flying insects in just an hour!



ANIMAL APPETITES

Monday, October 5

Orange Chicken
with Seasoned Rice
California Blend
Vegetables
Green Pepper
Strips w/Dip
Pears
Milk

Alternate
Hot Dog on Roll

Tuesday, October 6

Penne w/ Meat
Sauce **(NEW)**
Breadstick
Green Beans
Celery Sticks w/
Dip
Strawberry Cup
Milk

Alternate
Hot Dog on Roll

Wed., October 7

Chicken Patty on
Roll
Sweet Potato Fries
Baked Beans
Blueberries and
Cherries
Milk

Alternate
Hot Dog on Roll

Thursday, October 8

Toasted Cheese
Sandwich
Tomato Soup
Fresh Broccoli &
Cauliflower Medley
Applesauce
Milk

Alternate
Hot Dog on Roll

Friday, October 9

Cheese Pizza
Baked French Fries
Salad w/ Dressing
Fruit Cocktail
Milk

Alternate
Hot Dog on Roll



Monday, October 12



Tuesday, October 13

**Professional
Learning
Day**



*Our teachers are
busy sharpening
their skills for
you!*

NO SCHOOL!

Wed., October 14

Macaroni & Cheese
Salad w/ Dressing
Seasoned Steamed
Carrots
Apple Slices
Milk

Alternate
Cheese Pizza
Green Beans
**National School
Lunch Week**

Thursday, October 15

Chicken Noodle
Soup **(NEW)**
Cheesy Breadsticks
Cucumber Slices w/
Dip
Three Bean Salad
Strawberries and
Bananas
Milk

Alternate
Cheese Pizza
**National School
Lunch Week**

Friday, October 16

Pulled Pork
Sandwich
Sweet Potato Fries
Peas and Corn
Pears and Peaches
Milk

Alternate
Cheese Pizza
**National School
Lunch Week**



How can you magically transform a pumpkin into another vegetable?

(Hold the page upside down and read it in a mirror for the answer!)



**have zOvAH instead!
when it comes down' you'll
A: Throw it up in the air -**

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Families may add money to student accounts free of charge via cash or check. Money may also be added electronically via EZ School Pay with a \$2.00 charge per each transaction. Please see the Food and Nutrition Service website for further information.



Monday, October 19

Ham & Cheese
Croissant
Salad w/ Dressing
Roasted Ranch
Chick Peas
Apple Slices
Milk

Alternate
Cheeseburger on
Roll

Tuesday, October 20

Salisbury Steak w/
Gravy
Pumpkin Soft
Pretzel (NEW)
Whipped Potatoes
Green Beans
Peaches
Milk

Alternate
Cheeseburger on
Roll

Wed., October 21

Chicken Tenders
w/ Goldfish
Crackers
Fresh Carrots w/
Dip
Perfect Peas
Strawberries &
Bananas
Milk

Alternate
Cheeseburger on
Roll

Thursday, October 22

Toasted Cheese
Sandwich
Tomato Soup
Cucumber Salad
Mixed Berry Cup
Milk

Alternate
Cheeseburger on
Roll

Friday, October 23

Beef & Macaroni
Breadstick
Caesar Salad
Mixed Vegetables
Applesauce
Milk

Alternate
Cheeseburger on
Roll

Monday, October 26

Chicken & Biscuits
w/ Gravy (NEW)
Cucumbers w/ Dip
Roasted Sweet
Potatoes
Peach Cup
Milk

Alternate
Chicken Sticks w/
Breadstick

Tuesday, October 27

Hamburger
Barbecue on Roll
Steamed Broccoli
Yellow Beans
Fruit Cocktail
Milk

Alternate
Chicken Sticks w/
Breadstick

Wed., October 28

French Toast Sticks
Smiley Potatoes
Carrots w/ Dip
Strawberry Cup
Milk

Alternate
Chicken Sticks w/
Breadstick

Thursday, October 29

Mini Corn Dogs
Baked Beans
Celery Sticks w/
Dip
Pears
Milk

Alternate
Chicken Sticks w/
Breadstick

Friday, October 30

