



OCTOBER 2026

PRESCHOOL

FREE LUNCH SERVED DAILY
TO ALL STUDENTS!!!

MENU SUBJECT TO CHANGE

Monday

Tuesday

Wednesday

Thursday

Friday



5

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

6

ORGANIC CHICKEN TACOS
VEGAN CHICKEN TACOS
PINTO BEANS
SHREDDED LETTUCE/MILD SALSA
ASSORTED FRESH SEASONAL FRUIT

7

TURKEY SUBMARINE
CHEESE SANDWICH
LETTUCE/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
LEAFY GREEN SALAD W/GARBANZO BEANS
ASSORTED FRESH SEASONAL FRUIT

12

CRISPY CHICKEN NUGGETS
VEGAN CHICKEN NUGGETS
SWEET POTATO FRIES
ASSORTED FRESH SEASONAL FRUIT

13

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

14

PETITE GRILLED CHEESE
DAIRY FREE GRILLED CHEESE
GLUTEN FREE GRILLED CHEESE
CUCUMBER SLICES
ASSORTED FRESH SEASONAL FRUIT

15

CHICKEN QUESADILLA
VEGETARIAN QUESADILLA
MEXICAN CHOPPED SALAD
ASSORTED FRESH SEASONAL FRUIT

16

FAVORITE PIZZA
CHEESE, VEGAN GF
LEAFY GREEN SALAD W/ KIDNEY BEANS
ASSORTED FRESH SEASONAL FRUIT

19

FISH TREASURES
VEGAN/GF CHICKEN NUGGETS
ROASTED BUTTERNUT SQUASH CUBES
ASSORTED FRESH SEASONAL FRUIT

20

CHICKEN TERIYAKI BOWL
BROCCOLI, CARROTS & 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
APPLESAUCE

27

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

28

CRUNCHY CHICKEN SLIDERS
VEGAN CHICKEN SLIDERS
BROCCOLI FLORETS
ASSORTED FRESH SEASONAL FRUIT

29

GRASSFED BEEF HAMBURGER
VEGGIE BURGER
GF BURGER
ROASTED SWEET POTATO CUBES
FRESH WATERMELON

30

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

ALL MEALS INCLUDE: PROTEIN ENTRÉE, WHOLE GRAINS, AND FRESH FRUIT
VEGETARIAN OPTIONS OFFERED
DF=DAIRY FREE, GF=GLUTEN FREE
CHOICE OF MILK: 1% MILK, SOY, ALMOND, OR RIPPLE MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER