



MAIN STREET & DOWS LANE ELEMENTARY SCHOOLS

Lunch Menu October 2026

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Oct 1 - 2				French Toast Sticks & Scram Eggs, 100% Maple Syrup or Turkey Nachos Hash Brown Roasted Carrots Strawberries	Fresh Baked Pizza or Chicken Corn Dog Green Beans Side Salad Apple Slices
Week 2 Oct 5 - 9	Chicken Quesadilla or Cheese Quesadilla Sour Cream & Salsa Sweet Plantains Black Bean Salad Pineapple	WG Popcorn Chicken or Beef Hot Dog BBQ Baked Beans Coleslaw Watermelon	BBQ Pork Sliders or Mac & Cheese w/ WG Breadstick Sweet Potato Fries Green Beans Pineapple	Bean Burrito or Chicken Tenders Roasted Broccoli Roasted Carrots Apple Slices	Fresh Baked Pizza or Turkey Nachos Sour Cream & Salsa Sliced Cucumbers Sliced Peppers Banana
Week 3 Oct 12 - 16	School Closed Indigenous People's Day	Pancakes, 100% Maple Syrup or Beef Burger Tater Tots Roasted Cauliflower Blueberries	Grilled Cheese or Baked Ziti Green Beans Side Salad Apple Slices	Chicken Meatballs or Beef Nachos Sour Cream & Salsa Black Bean Salad Corn Fresh Grapes	Fresh Baked Pizza or Mac & Cheese w/ WG Breadstick Zucchini Side Salad Orange Slices
Week 4 Oct 19 - 23	Boneless Chicken Wings or Beef Hot Dog Green Salad Roasted Bell Peppers Orange Slices	BBQ Pork Sliders or Cheese Quesadilla Black Bean Salad Sweet Plantains Cantaloupe	Pancakes, 100% Maple Syrup or Fish Sticks Green Beans Side Salad Apple Slices	WG Popcorn Chicken or Beef Nachos Black Bean Salad Corn Fresh Grapes	Fresh Baked Pizza or Beef Burger Green Beans Roasted Carrots Cantaloupe
Week 5 Oct 26 - 30	Pizza Crunchners or Beef Burger Green Salad Roasted Bell Peppers Orange Slices	Grilled Cheese or Bean Burrito Spinach Salad Roasted Zucchini Orange Slices	French Toast Sticks & Scram Eggs, 100% Maple Syrup or Grilled Cheese Hash Brown Roasted Carrots Strawberries	Boneless Chicken Wings or Beef Hot Dog Mashed Potato Green Peas Cantaloupe	Fresh Baked Pizza or Fish Sticks Roasted Broccoli Carrots & Ranch Fresh Grapes

Available Every Day

- Bagel with Cheese Stick
Served with Cream Cheese or Butter
- Sun Butter & Jelly Sandwich,
Turkey or Ham Sandwich

All of these are offered as a Complete Meal, including vegetable, fruit and milk.

A Gluten Free Meal is available with 1 day notification.

All Meals include: Entrée, Fresh Fruit, and Choice of Milk- Fat Free White, or 1% White. (All grains served are whole grain.) Vegetables (3/4 cup) and Apples, Oranges or Bananas are available daily. All salad dressings are FREE from Hydrogenated Oils, High Fructose Corn Syrup, Preservatives, Artificial Ingredients & Trans Fat. Milk is antibiotic and hormone free. Local Produce used throughout the month when available.

** Fresh fruit and yogurt smoothies are available at Main Street Elementary**

[Click here to see the selection of healthy snacks and beverages available.](#)

These items require payment at the register or funds on account with MySchoolBucks.

If you have any questions/concerns regarding this menu or there are special dietary needs,

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This Institution is an equal opportunity employer and provider.