

Breakfast K-12

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Multi-Grain Frosted Flakes w/ Graham Crackers or Cinnamon Bun Diced Peaches & Grape Juice	2 Whole-Wheat Bagel w/ Cream Cheese (V) or Turkey Sausage Pancake Griddle Fresh Apple & Orange Tangerine Juice	3 NEW ! Apple Cinnamon Cheerios w/ Graham Crackers Fresh Pear & Very Berry Juice
6 Cinnamon Crisp Bar Raisins & Grape Juice	7 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Cheesy Biscuit Sandwich Fresh Apple & Diced Pineapple	8 Cinnamon Raisin Bagel w/ Butter or Apple Frudel Diced Peaches & Grape Juice	9 Honey Cheerios w/ Graham Crackers or French Toast w/ Syrup Fresh Apple & Orange Tangerine Juice	10 Chocolate Chip Muffin Fresh Pear & Very Berry Juice
13 Cinnamon Crisp Bar Raisins & Grape Juice	14 Strawberry Banana Yogurt w/ Chocolate Graham Crackers (V) or Turkey Sausage Breakfast Pizza Fresh Apple & Diced Pineapple	15 Reduced Sugar Trix Cereal w/ Chocolate Graham Crackers or Waffles w/ Syrup Diced Peaches & Grape Juice	16 Whole-Wheat Bagel w/ Cream Cheese or Cinnamon Bun Fresh Apple & Orange Tangerine Juice	17 Cherry Cocoa Bar Fresh Pear & Very Berry Juice
20 Cinnamon Crisp Bar Raisins & Grape Juice	21 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	22 Cinnamon Raisin Bagel w/ Butter or Sunrise Breakfast Calzone Diced Peaches & Grape Juice	23 Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & Orange Tangerine Juice	24 Blueberry Muffin Fresh Orange & Very Berry Juice
27 Banana Muffin Raisins & Applesauce	28 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Dutch Waffle Fresh Apple & Diced Pineapple	29 Multi-Grain Frosted Flakes w/ Graham Crackers or Cinnamon Bun Diced Peaches & Grape Juice	30 Whole-Wheat Bagel w/ Cream Cheese (V) or Turkey Sausage Pancake Griddle Fresh Apple & Orange Tangerine Juice	31 NEW ! Apple Cinnamon Cheerios w/ Graham Crackers Fresh Pear & Very Berry Juice

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component

Planned Daily.

Menus subject to change.

Vegetarian Meal Options are indicated with a "V".



Lunch K-8

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple	2 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	3 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Cheese or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	7 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	8 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	9 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	10 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
13	14 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Pear	15 NEW! Beef Enchilada w/ Garden Salad & Ranch Dressing or Cobb Salad w/ Pita Bread & Ranch Dressing Fresh Apple	16 Butter Chicken w/ Seasoned Rice & Peas or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Banana	17 Chicken Salad Flatbread Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	22 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	23 Salisbury Steak w/ Gravy & Roasted Potatoes or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	24 Turkey & Cheese Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
27 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	28 Breaded Chicken Sandwich w/ BBQ Sauce & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	29 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple	30 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	31 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple

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Lunch K-8

COLD WEDNESDAYS

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Turkey Bologna & Cheese Sandwich or Sunbutter & Jelly Sandwich w/ Cheese stick (V) Baby Carrots w/ Ranch Dressing Fresh Apple	2 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	3 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Cheese or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	7 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	8 Turkey & Cheese Sandwich or Cheese Sandwich (V) Baby Carrots w/ Hummus Fresh Apple	9 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	10 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
13	14 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Pear	15 Hero Sandwich or Sunbutter & Jelly Sandwich w/ Cheese Stick (V) Garden Salad & Ranch Dressing Fresh Apple	16 Butter Chicken w/ Seasoned Rice & Peas or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Banana	17 Chicken Salad Flatbread Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	22 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple	23 Salisbury Steak w/ Gravy & Roasted Potatoes or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	24 Turkey & Cheese Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
27 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	28 Breaded Chicken Sandwich w/ BBQ Sauce & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	29 Turkey Bologna & Cheese Sandwich or Sunbutter & Jelly Sandwich w/ Cheese stick (V) Baby Carrots w/ Ranch Dressing Fresh Apple	30 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	31 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple

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Lunch K-8

COLD FRIDAYS

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple	2 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	3 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Sunbutter & Jelly Sandwich w/ Cheese Stick & Garden Salad (V) Fresh Apple
6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Cheese or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	7 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	8 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	9 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	10 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple
13	14 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Pear	15 NEW! Beef Enchilada w/ Garden Salad & Ranch Dressing or Cobb Salad w/ Pita Bread & Ranch Dressing Fresh Apple	16 Butter Chicken w/ Seasoned Rice & Peas or Veggie Burger w/ Mayo & Roasted Potatoes (V) Fresh Banana	17 Chicken Salad Flatbread Sandwich or Sunbutter & Jelly Sandwich w/ Cheese Stick (V) Baby Carrots w/ Ranch Dressing Fresh Apple
20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	22 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	23 Salisbury Steak w/ Gravy & Roasted Potatoes or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	24 Turkey & Cheese Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple
27 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	28 Breaded Chicken Sandwich w/ BBQ Sauce & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	29 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple	30 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	31 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Sunbutter & Jelly Sandwich w/ Cheese Stick & Garden Salad (V) Fresh Apple

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Lunch 9-12

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple & Fresh Banana	2 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Mixed Fruit Cup & Fresh Banana	3 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins
6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Cheese or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple & Fresh Orange	7 Chicken Tenders & Roasted Potatoes Whole-Wheat Bread slice or Protein Pasta Alfredo w/ Peas (V) Hamburger Bun Diced Peaches & Fresh Pear	8 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Fresh Banana	9 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Mixed Fruit Cup & Fresh Banana	10 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
13	14 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes Diced Peaches & Fresh Pear	15 NEW ! Beef Enchilada w/ Garden Salad & Ranch Dressing or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Apple & Fresh Banana	16 Butter Chicken w/ Seasoned Rice & Peas or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Mixed Fruit Cup & Fresh Banana	17 Chicken Salad Flatbread Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Fresh Orange	21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	22 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Apple & Fresh Banana	23 Salisbury Steak w/ Gravy & Roasted Potatoes or Bean & Cheese Burrito w/ Street Corn (V) Mixed Fruit Cup & Fresh Banana	24 Turkey & Cheese Sandwich or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
27 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	28 Breaded Chicken Sandwich w/ BBQ Sauce & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	29 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple & Fresh Banana	30 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Mixed Fruit Cup & Fresh Banana	31 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Pizza (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins

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Lunch 9-12

COLD FRIDAYS

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		1 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple & Fresh Banana	2 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Mixed Fruit Cup & Fresh Banana	3 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Sandwich (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins
6 Spaghetti & Beef Meatballs in Tomato Sauce w/ Cheese or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple & Fresh Orange	7 Chicken Tenders & Roasted Potatoes Whole-Wheat Bread slice or Protein Pasta Alfredo w/ Peas (V) Hamburger Bun Diced Peaches & Fresh Pear	8 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Fresh Banana	9 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Mixed Fruit Cup & Fresh Banana	10 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
13	14 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans & Tomatoes Diced Peaches & Fresh Pear	15 NEW ! Beef Enchilada w/ Garden Salad & Ranch Dressing or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Apple & Fresh Banana	16 Butter Chicken w/ Seasoned Rice & Peas or Veggie Burger w/ Ketchup & Roasted Potatoes (V) Mixed Fruit Cup & Fresh Banana	17 Chicken Salad Flatbread Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
20 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple & Fresh Orange	21 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	22 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Apple & Fresh Banana	23 Salisbury Steak w/ Gravy & Roasted Potatoes or Bean & Cheese Burrito w/ Street Corn (V) Mixed Fruit Cup & Fresh Banana	24 Turkey & Cheese Sandwich or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
27 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	28 Breaded Chicken Sandwich w/ BBQ Sauce & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	29 Home-Style Macaroni & Cheese w/ Broccoli (V) or Veggie Burger w/ Ketchup(V) Baby Carrots & Ranch Dressing Fresh Apple & Fresh Banana	30 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Mixed Fruit Cup & Fresh Banana	31 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Cheese Sandwich (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins

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