

MENUS FOR OCTOBER 2026



Manzanita Elementary School

This institution is an equal opportunity provider. Menus are subject to change.

Monday, October 5

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

Chicken Nuggets and
Sun Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 6

Breakfast

Cini-Mini
Juice, Fruit and Milk

Lunch

PB&J sandwich, Cheese
stick, and crackers
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, October 7

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Hot dog and Chili
Milk, Fruit, Veggie, and
Salad Bar

Thursday, October 8

Breakfast

Mustang Breakfast Pizza
Juice, Fruit and Milk

Lunch

Chicken Alfredo and
Bread Stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, October 9

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

French Bread Pizza
Milk, Fruit, Veggie, and
Salad Bar

Monday, October 12

Breakfast

Bagel with cream cheese
Juice, Fruit and Milk

Lunch

Mac-N-Cheese and
Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 13

Breakfast

Strawberry Glazed Scone
Juice, Fruit and Milk

Lunch

Taco and Refried Beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, October 14

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Orange Chicken and Rice
Milk, Fruit, Veggie, and
Salad Bar

Thursday, October 15

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Hamburger and Baked
Chips
Milk, Fruit, Veggie, and
Salad Bar

Friday, October 16

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Maxx Stick Pizza
Milk, Fruit, Veggie, and
Salad Bar



JUST WHAT THE DOCTOR ORDERED.

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

AVAILABLE DAILY

Cheerio cereal with
graham cracker
offered as an option at
breakfast.

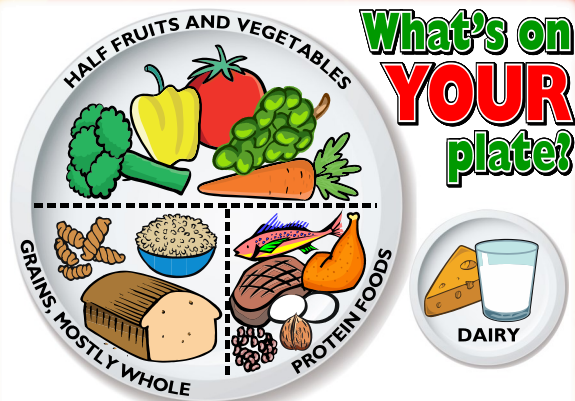
Deli sandwich and
yogurt bundle
offered as an option at
lunch.



FUN, FUN, FUN! (& FOOD)

Click here to begin typing in the highlights of your lunch week activities. You may need to adjust the font and/or font size. Call if you need help.

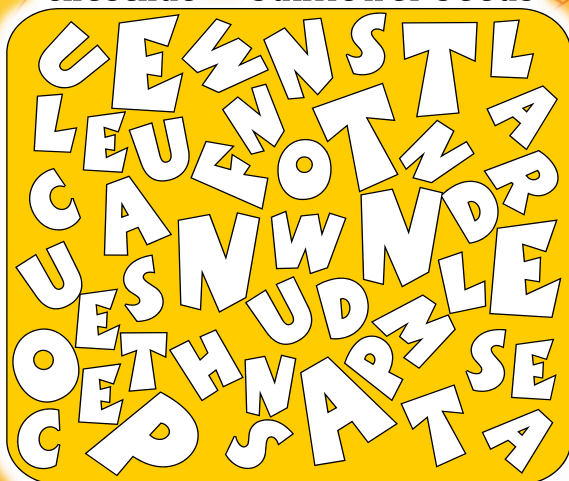
NATIONAL SCHOOL LUNCH WEEK
OCTOBER 12-16, 2026



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

Chicken Nuggets and
Sun Chips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 20

Breakfast

Cini-Mini
Juice, Fruit and Milk

Lunch

PB&J sandwich, Cheese
stick, and crackers
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, October 21

Breakfast

Benefit Bar
Juice, Fruit and Milk

Lunch

Corn Dog and Fava
Beans
Milk, Fruit, Veggie, and
Salad Bar

Thursday, October 22

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Sloppy Joe burger
Milk, Fruit, Veggie, and
Salad Bar

Friday, October 23

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Pizza
Milk, Fruit, Veggie, and
Salad Bar

Monday, October 26

Breakfast

Muffin
Juice, Fruit and Milk

Lunch

Mac-N-Cheese and
Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 27

Breakfast

Omelet & Hash brown
Juice, Fruit and Milk

Lunch

Chicken Burger and
Nachos
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, October 28

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Bruch for lunch
Pancake, Sausage and
hash brown
Milk, Fruit, Veggie, and
Salad Bar

Thursday, October 29

Breakfast

French Toast
Juice, Fruit and Milk

Lunch

Raviolis and Bread stick
Milk, Fruit, Veggie, and
Salad Bar

Friday, October 30

Breakfast

Variety of Cereal
Juice, Fruit and Milk

Lunch

Galaxy Deep Dish Pizza
Milk, Fruit, Veggie, and
Salad Bar

HORSESHOE CRABS HAVE EXISTED FOR 450 MILLION YEARS AND ARE CONSIDERED TO BE **LIVING FOSSILS!** THEY AREN'T REALLY CRABS, OR EVEN CRUSTACEANS - THEY'RE RELATED TO **SPIDERS!** HORSESHOE CRABS HAVE BEEN OVERFISHED FOR USE AS BAIT AND FERTILIZER, BUT THEY MIGHT BE MISSED:



STRANGE
BUT TRUE!

IT TURNS OUT THAT AT LEAST ONE SPECIES OF ENDANGERED MIGRATING SHORE BIRD TIMES ITS TRIP TO **EXACTLY** WHEN THE HORSESHOE CRABS' NUTRIENT-RICH EGGS ARE AVAILABLE TO FUEL ITS LONG-DISTANCE FLIGHT. NO CRABS, NO EGGS, **NO BIRDS.** AND, **OH YEAH,** IT ALSO TURNS OUT THE CRABS' **BLUE BLOOD** CONTAINS A SUBSTANCE THAT IS INCREDIBLY USEFUL IN MEDICAL APPLICATIONS FOR US HUMANS, TOO. **MIGHT BE GOOD** IF THEY STUCK AROUND AWHILE!