

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5	6 Breakfast: Blueberry muffins, yogurt, fresh fruit, milk Lunch: Beef stroganoff, garlic bread, green beans, fresh fruit, milk	7 Breakfast: Waffles, fresh fruit, milk Lunch: Chicken fajitas with onion & red bell pepper, brown rice, refried beans, cheese & sour cream, fresh fruit, milk	8 Breakfast: Carrot bread, yogurt, fresh fruit, milk Lunch: Ground beef spaghetti, garlic bread, salad, fresh fruit, milk	9 Breakfast: French toast, fresh fruit, milk Lunch: Pulled pork po'boy, potato salad, corn on the cob, fresh fruit, milk	10 Breakfast: Granola, yogurt, fresh fruit, milk Lunch: Salami, cheese & hummus, pita bread, carrot & celery sticks, ranch dressing, fresh fruit, milk	11
12	13 Breakfast: Bagel, Neufchatel cheese, fresh fruit, milk Lunch: Ground beef chilli, corn bread, corn, fresh fruit, milk	14 Breakfast: Pancakes, fresh fruit, milk Lunch: Pizza, salad, celery & carrot sticks, watermelon, milk	15 Breakfast: Apple cinnamon muffins, yogurt, fresh fruits, milk Lunch: Chicken stir fry w/veggies, brown rice, fresh fruit, milk	16 Breakfast: Cranberry biscuit, fresh fruit, milk Lunch: Hamburger, bun, lettuce, tomato & onion, french fries, asst. melon, milk	17 Breakfast: Banana bread, fresh fruit, milk Lunch: Chicken caesar salad, roll, fresh fruit, milk	18
19	20 Breakfast: Bagel, Neufchatel cheese, fresh fruit, milk Lunch: Ground beef spaghetti, garlic bread, mixed green salad, fresh fruit, milk	21 Breakfast: Whole grain fruit/veggie bread, yogurt, fresh fruit, milk Lunch: Ground beef chilli, corn bread, corn, fresh fruit, milk	22 Breakfast: Waffles, fresh berries, milk Lunch: Home made macaroni & cheese, whole grain biscuit, local roasted carrots and peas, fresh fruit, milk	23 Breakfast: Blueberry muffins, yogurt, fresh fruit, milke Lunch: Boneless skinless chicken breasts, brown rice, baked potato, steamed broccoli, fresh fruit, milk	24 Breakfast: Breakfast burrito, tortilla, scrambled eggs, cheddar cheese, potatoes, fresh fruit, sour cream & salsa, milk Lunch: Ground beef taco salad with black beans and corn, tomato & onion, tortilla chips, cheese, fresh fruit, salsa & sour cream, milk	25
26	27 Breakfast: Blueberry muffins, yogurt, fresh fruit, milk Lunch: Beef & broccoli, brown rice, pineapple, milk	28 Breakfast: Banana bread, fresh fruit, milk Lunch: Orange chicken sauted with onion & bell pepper, salad, brown rice, fresh fruit, milk	29 Breakfast: Waffles, fresh fruit, milk Lunch: Pork roast, mashed potatoes, corn, apple sauce, fresh fruit, roll, milk	30 Breakfast: Apple cinnamon poppyseed muffins, yogurt, fresh fruit, milk Lunch: Chicken alfredo, garlic bread, broccoli and cauliflower, fresh fruit, milk	31 Breakfast: Pumpkin bread, yogurt, fresh fruit, milk Lunch: Turkey & cheese croissant sandwich with lettuce & tomato, fresh fruit, potato salad, milk	
<p>Food is available for all students TK-12. La comida está disponible para todos los estudiantes TK-12 This intitution is an equal opportunity provider. Esta institución ofrece igualdad de oportunidades *All milk served is unflavored and low fat or fat free *Toda la leche servido sin flavor y baja en grasa o sin grasa **Menu subject to change ** El menu subjetivo a cambios</p>						