

Menus for October 2025



Manzanita School

USDA is an equal opportunity provider and employer. Menus are subject to change.

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**

Wednesday, October 1

Breakfast

Benefit Bar
Juice, Fruit and Milk

Lunch

Corn dog & Baked Beans
Milk, Fruit, Veggie, and
Salad Bar

Thursday, October 2

Breakfast

Biscuit and Gravy
Juice, Fruit and Milk

Lunch

Chicken Alfredo &
breadstick
Milk, Fruit, Veggie, and
Salad Bar

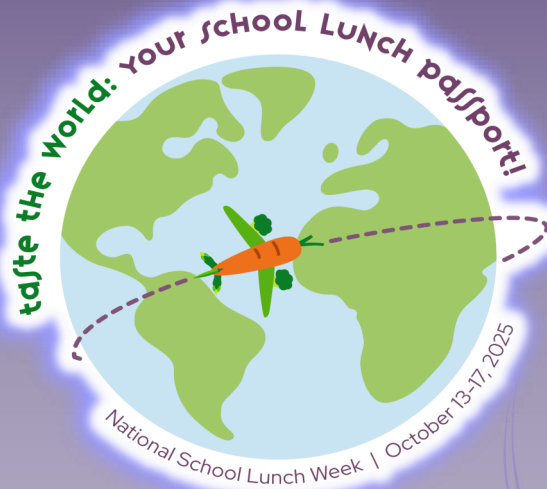
Friday, October 3

Breakfast

Variety of cereal
Juice, Fruit and Milk

Lunch

Stuffed Crust Pizza
Milk, Fruit, Veggie, and
Salad Bar



Monday, October 6

Breakfast

Cini Bun
Juice, Fruit and Milk

Lunch

Mac-N-cheese and
breadstick
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 7

Breakfast

Cheese Omelet and Hash
brown
Juice, Fruit and Milk

Lunch

Taco and refried beans
Milk, Fruit, Veggie, and
Salad Bar

Wednesday, October 8

Breakfast

French Toast Sticks
Juice, Fruit and Milk

Lunch

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

Thursday, October 9

Breakfast

Mini Waffles
Juice, Fruit and Milk

Lunch

Sloppy Joes
Milk, Fruit, Veggie, and
Salad Bar

Friday, October 10

Breakfast

Variety of cereal
Juice, Fruit and Milk

Lunch

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

Monday, October 13

Breakfast

Cini Mini
Juice, Fruit and Milk

Lunch

Chicken Nuggets and
Sunchips
Milk, Fruit, Veggie, and
Salad Bar

Tuesday, October 14

Breakfast

Mini Pancakes
Juice, Fruit and Milk

Lunch

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

Wednesday, October 15

Breakfast

Benefit Bar
Juice, Fruit and Milk

Lunch

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

Thursday, October 16

Breakfast

Biscuits and Gravy
Juice, Fruit and Milk

Lunch

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

Friday, October 17

Breakfast

Variety of cereal
Juice, Fruit and Milk

Lunch

Maxx Cheese Sticks
Milk, Fruit, Veggie, and
Salad Bar

AVAILABLE DAILY

Cheerio cereal with graham cracker
offered as an option at breakfast.
Deli sandwich and yogurt bundle
offered as an option at lunch.





What's on
YOUR
plate?

Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Breakfast Muffin Juice, Fruit and Milk	Breakfast Strawberry Scone Juice, Fruit and Milk	Breakfast French Toast Juice, Fruit and Milk	Breakfast Variety of Cereal Juice, Fruit and Milk	No School
Lunch Mac-N-Cheese and Breadstick Milk, Fruit, Veggie, and Salad Bar	Lunch Brunch for Lunch Pancake, Sausage & Hash brown Milk, Fruit, Veggie, and Salad Bar	Lunch Chicken Sandwich and Nachos Milk, Fruit, Veggie, and Salad Bar	Lunch Stuffed Crust Pizza Milk, Fruit, Veggie, and Salad Bar	
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Breakfast Cini Mini Juice, Fruit and Milk	Breakfast Peanut butter and Honey Breakfast Sandwich Juice, Fruit and Milk	Breakfast Benefit Bar Juice, Fruit and Milk	Breakfast Biscuit and Gravy Juice, Fruit and Milk	Breakfast Variety of cereal Juice, Fruit and Milk
Lunch Chicken Nuggets and Sunchips Milk, Fruit, Veggie, and Salad Bar	Lunch PB&J, Crackers, and Cheese Stick Milk, Fruit, Veggie, and Salad Bar	Lunch Corn Dogs and Baked beans Milk, Fruit, Veggie, and Salad Bar	Lunch Ravioli and Bread stick Milk, Fruit, Veggie, and Salad Bar	Lunch French Bread Pizza Milk, Fruit, Veggie, and Salad Bar