



October 2025 Breakfast Menu



Week 1

Mon	Tue	Wed	Thu	Fri
		1 French Toast Sticks Strawberries 1% Low Fat Milk	2 Corn Muffins Bananas 1% Low Fat Milk	3 Fresh Mini Croissants Oranges 1% Low Fat Milk

Week 2

6 Cereal Applesauce 1% Low Fat Milk	7 Whole Wheat Bagels Bananas 1% Low Fat Milk	8 French Toast Sticks Strawberries 1% Low Fat Milk	9 Corn Muffins Bananas 1% Low Fat Milk	10 Fresh Mini Croissants Oranges 1% Low Fat Milk
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Week 3

14 INDIGENOUS DAY!	15 Whole Wheat Bagels Bananas 1% Low Fat Milk	16 French Toast Sticks Strawberries 1% Low Fat Milk	17 Corn Muffins Bananas 1% Low Fat Milk	18 Fresh Mini Croissants Oranges 1% Low Fat Milk
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Week 4

20 Cereal Applesauce 1% Low Fat Milk	21 Whole Wheat Bagels Bananas 1% Low Fat Milk	22 French Toast Sticks Strawberries 1% Low Fat Milk	23 Corn Muffins Bananas 1% Low Fat Milk	24 Fresh Mini Croissants Oranges 1% Low Fat Milk
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Week 5

27 Cereal Applesauce 1% Low Fat Milk	28 Whole Wheat Bagels Bananas 1% Low Fat Milk	29 French Toast Sticks Strawberries 1% Low Fat Milk	30 Corn Muffins Bananas 1% Low Fat Milk	31 Fresh Mini Croissants Oranges 1% Low Fat Milk
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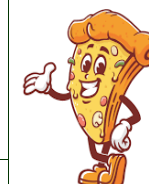


MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS* *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. AL-MOND, OAT, ETC.)

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY



October 2025 Lunch Menu



Week 1

Week 2

Week 3

Week 4

Week 5

Mon	Tue	Wed	Thu	Fri
		1 Rice&Peas/Baked Chicken/Plantains/ Mixed Salad 1% Low Fat Milk	2 Spaghetti w/Ground Turkey/Mixed Salad/ Pineapple 1% Low Fat Milk	3 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk
6 Baked Penne Pasta w/ Mixed Salad/Mixed fruit cups 1% Low Fat Milk	7 Hot dogs w/ WW bun String beans Pineapples 1% Low Fat Milk	8 Veggie Rice/Baked Fish/Cantaloupe 1% Low Fat Milk	9 Ground Turkey Las- agna/Cauliflower/ Apples 1% Low Fat Milk	10 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk
INDIGENOUS DAY	14 Fresh Cheese Pizza Corn/Mixed Veggies/ Applesauce 1% Low Fat Milk	15 Rice&Peas/Baked Chicken/Plantains/ Mixed Salad 1% Low Fat Milk	16 Spaghetti w/Ground Turkey/Mixed Salad/ Pineapple 1% Low Fat Milk	17 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk
20 Baked Penne Pasta w/ Mixed Salad/Mixed fruit cups 1% Low Fat Milk	21 Chicken Tenders Baked Fries Pineapples 1% Low Fat Milk	22 Veggie Rice/Baked Fish/Cantaloupe 1% Low Fat Milk	23 Ground Turkey Las- agna/Cauliflower/ Apples 1% Low Fat Milk	24 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk
27 Chicken Patty w/WW Bun/Lettuce/Tomato/ Cheese/Applesauce 1% Low Fat Milk	28 Rasta Pasta Baked Chicken Breasts Honeydew 1% Low Fat Milk	29 Rice&Peas/Baked Chicken/Plantains/ Mixed Salad 1% Low Fat Milk	30 Spaghetti w/Ground Turkey/Mixed Salad/ Pineapple 1% Low Fat Milk	31 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk

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MOND, OAT, ETC.)*

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY





October 2025

Vegetarian Lunch Menu



Week 1

Mon	Tue	Wed	Thu	Fri
		1 Rice&Peas/Plantain/ Mixed Salad 1% Low Fat Milk	2 Spaghetti w/Tofu/ Mixed Salad/ Pineapple 1% Low Fat Milk	3 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk

Week 2

6 Tofu Penne Pasta/Mixed Salad/Mixed Fruit cup 1% Low Fat Milk	7 Tofu w/ WW bun String beans Pineapples 1% Low Fat Milk	8 Vegetable Rice & Tofu Cantaloupe % Low Fat Milk	9 Tofu Lasagna/ Cauliflower/ Apples 1% Low Fat Milk	10 Jamaican Veggie Patties/Whole Wheat Roll/Salad & Pears 1% Low Fat Milk
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Week 3

INDIGENOUS DAY!	14 Fresh Cheese Pizza Mixed Veggies/ Applesauce 1% Low Fat Milk	15 Rice&Peas/Plantain/ Mixed Salad 1% Low Fat Milk	16 Spaghetti w/Tofu/ Mixed Salad/ Pineapple 1% Low Fat Milk	17 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk
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Week 4

20 Tofu Penne Pasta/Mixed Salad/Mixed Fruit cup 1% Low Fat Milk	21 MorningStar Chik'n Nuggets/French Fries Pineapple 1% Low Fat Milk	22 Vegetable Rice & Tofu Cantaloupe % Low Fat Milk	23 Tofu Lasagna/ Cauliflower/ Apples 1% Low Fat Milk	24 Jamaican Veggie Patties/Whole Wheat Roll/Salad & Pears 1% Low Fat Milk
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Week 5

27 Morningstar Burger W/W Bun/Lettuce/ Tomato/Applesauce 1% Low Fat Milk	28 Penne pasta in spaghet- ti sauce/Tofu Honeydew 1% Low Fat Milk	29 Rice&Peas/Plantain/ Mixed Salad 1% Low Fat Milk	30 Spaghetti w/Tofu/ Mixed Salad/ Pineapple 1% Low Fat Milk	31 Fresh Cheese Pizza Mixed Veggies Golden Kiwi 1% Low Fat Milk
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MOND, OAT, ETC.)***

VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY



October 2025

Snack Menu



Week 1

Week 2

Week 3

Week 4

Week 5

Mon	Tue	Wed	Thu	Fri
		1 Yogurt Strawberries	2 W/G Pretzels 100% Apple Juice	3 Animal Crackers Mixed Fruit Cup
6 Pastry Bites Mixed Fruit Cup	7 Whole Grain Cheez-Its Oranges	8 Yogurt Strawberries	9 W/G Pretzels 100% Apple Juice	10 Animal Crackers Mixed Fruit Cup
14 INDIGENOUS DAY!!	15 Whole Grain Cheez-Its Oranges	16 Yogurt Strawberries	17 W/G Pretzels 100% Apple Juice	18 Animal Crackers Mixed Fruit Cup
20 Pastry Bites Mixed Fruit Cup	21 Whole Grain Cheez-Its Oranges	22 Yogurt Strawberries	23 W/G Pretzels 100% Apple Juice	24 Animal Crackers Mixed Fruit Cup
27 Pastry Bites Mixed Fruit Cup	28 Whole Grain Cheez-Its Oranges	29 Yogurt Strawberries	30 W/G Pretzels 100% Apple Juice	31 Animal Crackers Mixed Fruit Cup



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***Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.**