



October 2026 Breakfast Menu



Week 1

Mon	Tue	Wed	Thu	Fri
			¹ Banana Bread Mixed Fruit Cups 1% Low Fat Milk	² Fresh Mini Croissants Oranges 1% Low Fat Milk

Week 2

⁵ Cereal Applesauce 1% Low Fat Milk	⁶ Bran Muffins Bananas 1% Low Fat Milk	⁷ French Toast Sticks Strawberries 1% Low Fat Milk	⁸ Fresh Croissants Bananas 1% Low Fat Milk	⁹ Whole Wheat Toast Oranges 1% Low Fat Milk
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Week 3

COLUMBUS DAY!	¹³ Cereal Oranges 1% Low Fat Milk	¹⁴ French Toast Sticks Strawberries 1% Low Fat Milk	¹⁵ Fresh Croissants Bananas 1% Low Fat Milk	¹⁶ Whole Wheat Toast Oranges 1% Low Fat Milk
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Week 4

¹⁹ Cereal Applesauce 1% Low Fat Milk	²⁰ Bran Muffins Bananas 1% Low Fat Milk	²¹ French Toast Sticks Strawberries 1% Low Fat Milk	²² Fresh Croissants Bananas 1% Low Fat Milk	²³ Whole Wheat Toast Strawberries 1% Low Fat Milk
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Week 5

²⁶ Cereal Applesauce 1% Low Fat Milk	²⁷ Bran Muffins Bananas 1% Low Fat Milk	²⁸ French Toast Sticks Strawberries 1% Low Fat Milk	²⁹ Fresh Croissants Bananas 1% Low Fat Milk	³⁰ Whole Wheat Toast 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.)* *WW= WHOLE WHEAT** *WG=WHOLE GRAIN



VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY



October 2026 Lunch Menu



Week 1

Mon	Tue	Wed	Thu	Fri
			1 Chicken Lo Mein w/ Mixed Peppers Honeydew melon 1% Low Fat Milk	2 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk

Week 2

5 Grilled Cheese w/ Spinach/Mixed Fruit Cups 1% Low Fat Milk	6 Spaghetti with Tur- key Meat w/Mixed Salad & Pineapples 1% Low Fat Milk	7 Baked Chicken w/Rice & Peas/Salad/ Plantain 1% Low Fat Milk	8 Chicken Tenders w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	9 Fresh Cheese Pizza Corn cobs Apple slices 1% Low Fat Milk
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Week 3

COLUMBUS DAY!!!	13 Mac & Cheese Broccoli/Mixed Fruit Cups 1% Low Fat Milk	14 Chicken Patty w/WW Bun/Lettuce/Tomato/ Cantaloupe/Carrots 1% Low Fat Milk	15 Crispy Baked Fish w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	16 Turkey Lasagna w/ Cauliflower Pineapples 1% Low Fat Milk
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Week 4

19 Grilled Cheese w/ Spinach/Mixed Fruit Cups 1% Low Fat Milk	20 Spaghetti with Tur- key Meat w/Mixed Salad & Pineapples 1% Low Fat Milk	21 Baked Chicken w/Rice & Peas/Salad/ Plantain 1% Low Fat Milk	22 Chicken Tenders w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	23 Jamaican Patties Whole Wheat Roll Salad & Pears 1% Low Fat Milk
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Week 5

26 Mac & Cheese Broccoli/Mixed Fruit Cups 1% Low Fat Milk	27 Chicken Patty w/WW Bun/Lettuce/Tomato/ Cantaloupe/Carrots 1% Low Fat Milk	28 Turkey Lasagna w/ Cauliflower Apple slices 1% Low Fat Milk	29 Crispy Baked Fish w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	30 Fresh Cheese Pizza Corn cobs Pineapples 1% Low Fat Milk
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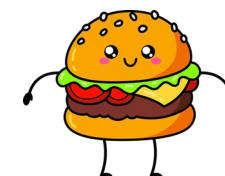
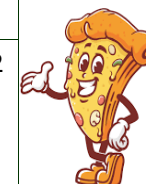
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY OF PRODUCTS *ANY MILK SUBSTITUTIONS REQUIRE A DOCTOR'S NOTE (I.E. AL-
MOND, OAT, ETC.)* *WW=WHOLE WHEAT* *WG=WHOLW GRAIN*

VEGETARIAN ENTRÉE SUBSTITUTES AREAVAILABLE DAILY





October 2026 Vegetarian Lunch Menu



Week 1

Week 2

Week 3

Week 4

Week 5

Mon	Tue	Wed	Thu	Fri
			1 Tofu Lo Mein w/Mixed Peppers Honeydew melon 1% Low Fat Milk	2 Jamaican Veggie Patties/WW Roll Salad & Pears 1% Low Fat Milk
5 Toast w/ Sunflower Butter/Spinach/ Mixed Fruit Cups 1% Low Fat Milk	6 Spaghetti with Tofu Mixed Salad Pineapples 1% Low Fat Milk	7 Baked Tofu w/Rice & Peas/Salad/ Plantain 1% Low Fat Milk	8 Morningstar Tenders w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	9 Jamaican Veggie Patties/WW Roll Salad & Pears 1% Low Fat Milk
COLUMBUS DAY!!!	13 Elbow Pasta/Tomato Sauce/Tofu/ Broccoli/Mixed Fruit cups 1% Low Fat Milk	14 Morningstar Chikn Patty w/ WW Bun/Lettuce/Tomato/ Cantaloupe/Carrots 1% Low Fat Milk	15 Morningstar Patties w/ Fries/Salad/Honeydew Melon 1% Low Fat Milk	16 Tofu Lasagna w/ Cauliflower Pineapples 1% Low Fat Milk
19 Toast w/ Sunflower Butter/Spinach/ Mixed Fruit Cups 1% Low Fat Milk	20 Spaghetti with Tofu Mixed Salad Pineapples 1% Low Fat Milk	21 Baked Tofu w/Rice & Peas/Salad/ Plantain 1% Low Fat Milk	22 Morningstar Tenders w/ Fries/Salad/Honeydew melon 1% Low Fat Milk	23 Jamaican Veggie Patties/WW Roll Salad & Pears 1% Low Fat Milk
26 Elbow Pasta/Tomato Sauce/Tofu/ Broccoli/Mixed Fruit Cups 1% Low Fat Milk	27 Morningstar Chikn Patty w/WW Bun/Lettuce/ Tomato/Cantaloupe 1% Low Fat Milk	28 Tofu Lasagna w/ Cauliflower Apple slices 1% Low Fat Milk	29 Morningstar Patties w/ Fries/Salad/Honeydew Melon 1% Low Fat Milk	30 Jamaican Veggie Patties/WW Roll Corn & Pineapples 1% Low Fat Milk

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VEGETARIAN ENTRÉE SUBSTITUTES ARE AVAILABLE DAILY

WW = Whole Wheat and WG = Whole Grain





October 2026 Snack Menu

Week 1

Mon	Tue	Wed	Thu	Fri
			1 W/G Pastry Bites Oranges	2 W/G Cheez-its Strawberries

Week 2

5 Animal Crackers Oranges	6 Goldfish Crackers 100% Apple Juice	7 Yogurt Pretzels	8 W/G Pastry Bites Applesauce	9 W/G Cheez-its Mixed Fruit Cups
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Week 3

13 COLUMBUS DAY!	14 Goldfish Crackers 100% Apple Juice	15 Yogurt Pretzels	16 W/G Pastry Bites Mixed Fruit Cups	17 W/G Cheez-its Strawberries
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Week 4

19 Animal Crackers Pears	20 Goldfish Crackers 100% Apple Juice	21 Yogurt Pretzels	22 W/G Pastry Bites Oranges	23 W/G Cheez-its Pineapples
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Week 5

26 Animal Crackers Oranges	27 Goldfish Crackers 100% Apple Juice	28 Yogurt Pretzels	29 W/G Pastry Bites Applesauce	30 W/G Pretzels Mixed Fruit Cups
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****Note: When 100% Juice is served, students six years old and above receive the juice and fruit listed.***