

# October 2025 Breakfast & Lunch Menu

	L1 - Hot Meal		Breakfast served w/milk	
	L2 - Sandwich on wheat roll or wrap w/fruit and veg		Meals must be preordered	
	L3 - Salad Option w/wheat roll and fruit		by the previous Tuesday	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10/1	10/2	10/3
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
		Bagel	Cereal	Bagel
		Apple	Banana	Applesauce
	LUNCH	LUNCH	LUNCH	LUNCH
		Nachos w/Taco Beef & Cheese	Choose :Turkey breakfast sausage	Red Pizza
		Lettuce, & Tortilla Scoops	OR Vegan breakfast sausage	Spring mix salad
		Applesauce	Roasted Potatoes	Pinapple Tidbits
		1% Milk carton	Orange	1% Milk carton
			1% Milk carton	
		SANDWICH: Chicken caesar wrap	SANDWICH: Veggie Hummas Wrap	SANDWICH:Tuna salad
		SALAD:Chickpea w/mand. oranges	SALAD: Chicken Caesar	SALAD:Chef
10/6	10/7	10/8	10/9	10/10
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Muffin	Bagel	Cereal	
Applesauce, juice	Orange	Apple	Banana	
LUNCH		LUNCH	LUNCH	LUNCH
Dino Chicken Nuggets	Beef & Bean Chilli	Chicken Frajita Mac & Cheese	Meatballs & pasta w/parmesan cheese	
Roasted Potatoes	w/ Tortilla Scoops	Fresh Broccoli w/dip	Salad w/ spring mix	No School
Apple	Banana	Diced Peaches	Applesauce	Professional Development
1% Milk carton	1% Milk carton	1% Milk carton	1% Milk carton	
SANDWICH:Chicken salad	SANDWICH:Turkey and cheese	SANDWICH: Chicken caesar wrap	SANDWICH: Veggie Hummas Wrap	
SALAD: Caprese	SALAD: Garden	SALAD:Chickpea w/mand. oranges	SALAD: Chicken Caesar	
10/13	10/14	10/15	10/16	10/17
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cereal	Bagel	Mufin	Bagel
	Applesauce, juice	Apple	Banana	Applesauce
LUNCH 1	LUNCH	LUNCH	LUNCH	LUNCH
	Chicken Lo Mein	Hamburger w/wheat roll	Meatball Grinder on Hot Dog Roll	Mac & Cheese
No School	Cucumber Slices w/dip	Creamy Cole Slaw	Carrot Slims w/dip	Fresh Broccoli w/dip
Indigenous People's Day	Apple	Diced Peaches	Orange	Applesauce
	1% Milk carton	1% Milk carton	1% Milk carton	1% Milk carton
	SANDWICH:Turkey and cheese	SANDWICH: Chicken caesar wrap	SANDWICH: Veggie Hummas Wrap	SANDWICH:Tuna salad
	SALAD: Garden	SALAD:Chickpea w/mand. oranges	SALAD: Chicken Caesar	SALAD:Chef
10/20	10/21	10/22	10/23	10/24
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Muffin	Bagel	Cereal	Bagel
Applesauce, juice	Orange	Apple	Banana	Applesauce
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Spanish Chicken & Rice	American Chop Suey	Choose :Turkey breakfast sausage	Nachos w/Taco Beef & Cheese	Red Pizza
Five Way Vegetable Blend	Fresh Broccoli w/dip	OR Vegan breakfast sausage	Lettuce, & Tortilla Scoops	Spring mix salad
Apple	Banana	Roasted Potatoes	Orange	Apple
1% Milk carton	1% Milk carton	Applesauce	1% Milk carton	1% Milk carton
		1% Milk carton		
SANDWICH:Chicken salad	SANDWICH:Turkey and cheese	SANDWICH: Chicken caesar wrap	SANDWICH: Veggie Hummas Wrap	SANDWICH:Tuna salad
SALAD:Caprese	SALAD: Garden	SALAD:Chickpea w/mand. oranges	SALAD: Chicken Caesar	SALAD:Chef
10/27	10/28	10/29	10/30	10/31
BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST
Cereal	Muffin	Bagel	Cereal	Bagel
Applesauce, juice	Orange	Apple	Banana	Applesauce
LUNCH		LUNCH	LUNCH	LUNCH
Dino Chicken Nuggets	Beef & Bean Chilli	Chicken Frajita Mac & Cheese	Meatballs & pasta w/parmesan cheese	Spanish Rice & Beans
Roasted Potatoes	w/ Tortilla Scoops	Fresh Broccoli w/dip	Salad w/ spring mix	Zucchini Sticks w dip
Apple	Banana	Applesauce	Applesauce	Orange
1% Milk carton	1% Milk carton	1% Milk carton	1% Milk carton	1% Milk carton
SANDWICH:Chicken salad	SANDWICH:Turkey and cheese	SANDWICH: Chicken caesar wrap	SANDWICH: Veggie Hummas Wrap	SANDWICH:Tuna salad
SALAD: Caprese	SALAD: Garden	SALAD:Chickpea w/mand. oranges	SALAD: Chicken Caesar	SALAD:Chef