

OCTOBER 2025 MIDDLE MENU

Breakfast

All breakfasts includes an Entrée, Fruit/Juice*, and Choice of Milk

BREAKFAST IS FREE
FOR ALL
PINELLAS COUNTY
SCHOOL STUDENTS!

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Biscuit Cupped or Dried Fruit Choice of Milk	Bacon & Cheese Egg Bite on Brazilian Bun Seasonal Fresh Fruit Choice of Milk	Chocolate Chip French Toast Mini Bites Cupped or Dried Fruit Choice of Milk	Sausage Biscuit Seasonal Fresh Fruit Choice of Milk	Apple Cinnamon French Toast Cupped or Dried Fruit Choice of Milk
Cold Cereal Variety	Yogurt Cup Combo	Honey PB&J Uncrustable	Assortment of Pastries Glazed Pull-A-Part or Caramel Mini Cinnis Roll, WG Powdered Donuts, Cocoa Cherry Bar Combo	OFFERED DAILY
Breakfast Bread Slice Banana, Pumpkin	Breakfast Parfait with Seasonal Fruit	Whole Grain Pop-Tart Fudge	Breakfast Muffin Sunrise, Cherry	

Lunch

All lunch includes an Entrée, Choice of Fruit/Juice* and Vegetables, and Choice of Milk

*Must choose at least 1 fruit/vegetable, may choose up to 2 servings of each.

Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

OFFERED DAILY	Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fresh Pizza Cheese or Pepperoni Pizza available			1 Boneless Wings & Dutch Waffle or Macaroni & Cheese w/ Roll Country Baked Beans	2 Three Cheese Quesadilla or Corn Dog w/ Onion Rings & Boom-Boom Sauce Salsa Cup Steamed Broccoli Florets	3 Cheese or Pepperoni Pizza or Crispy or Spicy Breaded Chicken Sandwich Mashed Potato & Gravy
Chicken Sandwich Crispy Breaded or Spicy Breaded available	6 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	7 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	8 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	10 Beef Meatball Sub or Pasta & Beef Meatballs in Sauce
Grilled Hamburger Cheeseburger also available	13 No School for Students 	14 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	15 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	16 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	17 Boneless Wings & Dutch Waffle
Cold Sandwich Grape PB&J Uncrustable, Turkey or Ham-Turkey and Cheese Hoagie available	NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
Cold Wrap Ceaser Wrap, Crispy or Spicy Breaded Wrap available	20 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	21 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	22 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	23 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	24 Beef Meatball Sub or Pasta & Sauce
Specialty Salad Yogurt, Fruit & Granola Parfait, Crispy or Spicy Breaded Chicken Salad, Ceaser Chicken Salad available	27 Tangerine Chicken w/ Rice & Fortune Cookie or Pepperoni (beef) Calzone Marinara Sauce Cup	28 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	29 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	30 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	31 Boneless Wings & Dutch Waffle
Assortment of Fruits, Vegetables, and 100% Fruit Juice available daily					

★A la carte Smart Snacks may be available for purchase★

OCTOBER 2025 HIGH MENU

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Cold Cereal Variety	Yogurt Cup Combo	Honey PB&J Uncrustable	Assortment of Pastries Glazed Pull-A-Part or Caramel Mini Cinnis Roll, WG Powdered Donuts, Cocoa Cherry Bar Combo	OFFERED DAILY
Breakfast Bread Slice Banana, Pumpkin	Breakfast Parfait with Seasonal Fruit	Whole Grain Pop-Tart Fudge	Breakfast Muffin Sunrise, Cherry	

Lunch

All lunch includes an Entrée, Choice of Fruit/Juice* and Vegetables, and Choice of Milk

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Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

OFFERED DAILY	Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fresh Pizza Cheese or Pepperoni Pizza available			1 Boneless Wings & Dutch Waffle or Macaroni & Cheese w/ Roll Country Baked Beans	2 Three Cheese Quesadilla or Corn Dog Basket & Boom-Boom Sauce Salsa Cup Steamed Broccoli Florets	3 Cheese or Pepperoni Pizza or Crispy or Spicy Breaded Chicken Sandwich Mashed Potato & Gravy
Chicken Sandwich Crispy Breaded or Spicy Breaded available	6 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	7 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	8 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	10 Beef Meatball Sub or Pasta & Beef Meatballs in Sauce
Grilled Hamburger Cheeseburger also available	13 No School for Students 	14 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	15 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	16 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	17 Boneless Wings & Dutch Waffle
Cold Sandwich Grape PB&J Uncrustable, Turkey or Ham-Turkey and Cheese Hoagie available	NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport! 				
Cold Wrap Ceaser Wrap, Crispy or Spicy Breaded Wrap available	20 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	21 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	22 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	23 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	24 Beef Meatball Sub or Pasta & Sauce
Specialty Salad Yogurt, Fruit & Granola Parfait, Crispy or Spicy Breaded Chicken Salad, Ceasar Chicken Salad available	27 Tangerine Chicken w/ Rice & Fortune Cookie or Pepperoni (beef) Calzone Marinara Sauce Cup	28 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	29 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	30 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	31 Boneless Wings & Dutch Waffle
Assortment of Fruits, Vegetables, and 100% Fruit Juice available daily					

★A la carte Smart Snacks may be available for purchase★

OCTOBER 2025 MIDDLE MENU



MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
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Look out for Chef Nellas' for made-from-scratch menu items in Pinellas County Schools!

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MealViewer

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Cold Cereal Variety	Yogurt Cup Combo	Honey PB&J Uncrustable	Assortment of Pastries Glazed Pull-A-Part or Caramel Mini Cinnis Roll, WG Powdered Donuts, Cocoa Cherry Bar Combo	OFFERED DAILY
Breakfast Bread Slice Banana, Pumpkin	Breakfast Parfait with Seasonal Fruit	Whole Grain Pop-Tart Fudge	Breakfast Muffin Sunrise, Cherry	

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Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

OFFERED DAILY	Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fresh Pizza Cheese or Pepperoni Pizza available	October IS National Farm To School Month		1 Boneless Wings & Dutch Waffle or Three Cheese Quesadilla Salsa Cup Country Baked Beans	2 Tater Tot Bake w/ Cornbread or Crispy or Spicy Breaded Sandwich Steamed Broccoli Florets	3 Cheese or Pepperoni Pizza or Macaroni & Cheese w/ Roll Mashed Potato & Gravy
Chicken Sandwich Crispy Breaded or Spicy Breaded available	6 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	7 Tater Tot Bake w/ Cornbread or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	8 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	10 Chop House Hoagie or Corn Dog (chicken)
Grilled Hamburger Cheeseburger also available	13 No School for Students	14 Beef Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	15 Boneless Wings & Dutch Waffle or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	16 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	17 Beefy Mac w/ Cornbread or Corn Dog (chicken)
Cold Sandwich Grape PB&J Uncrustable, Turkey or Ham-Turkey and Cheese Hoagie available	NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
Cold Wrap Ceasar Wrap, Crispy or Spicy Breaded Wrap available	20 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	21 Tater Tot Bake w/ Cornbread or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	22 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	23 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	24 Chop House Hoagie or Corn Dog (chicken)
Specialty Salad Yogurt, Fruit & Granola Parfait, Crispy or Spicy Breaded Chicken Salad, Ceasar Chicken Salad available	27 Tangerine Chicken w/ Rice & Fortune Cookie or Pepperoni (beef) Calzone Marinara Sauce Cup	28 Beef Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	29 Boneless Wings & Dutch Waffle or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	30 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	31 Beefy Mac w/ Cornbread or Corn Dog (chicken)
Assortment of Fruits, Vegetables, and 100% Fruit Juice available daily					

Menus are subject to change! We do our best to provide our customers with all our planned options, however occasionally weather, crops, and supplies have other ideas!

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OCTOBER 2025 HIGH MENU



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MealViewer

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Cold Cereal Variety	Yogurt Cup Combo	Honey PB&J Uncrustable	Assortment of Pastries Glazed Pull-A-Part or Caramel Mini Cinnis Roll, WG Powdered Donuts, Cocoa Cherry Bar Combo	OFFERED DAILY
Breakfast Bread Slice Banana, Pumpkin	Breakfast Parfait with Seasonal Fruit	Whole Grain Pop-Tart Fudge	Breakfast Muffin Sunrise, Cherry	

Lunch

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Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

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Chicken Sandwich Crispy Breaded or Spicy Breaded available	6 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup	7 Tater Tot Bake w/ Cornbread or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans	8 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels	9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	10 Chop House Hoagie
Grilled Hamburger Cheeseburger also available	13 No School for Students	14 Beef Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	15 Boneless Wings & Dutch Waffle or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	16 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	17 Beefy Mac w/ Cornbread
Cold Sandwich Grape PB&J Uncrustable, Turkey or Ham-Turkey and Cheese Hoagie available	NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
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Specialty Salad Yogurt, Fruit & Granola Parfait, Crispy or Spicy Breaded Chicken Salad, Ceasar Chicken Salad available	27 Tangerine Chicken w/ Rice & Fortune Cookie or Pepperoni (beef) Calzone Marinara Sauce Cup	28 Beef Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans	29 Boneless Wings & Dutch Waffle or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels	30 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets	31 Beefy Mac w/ Cornbread
Assortment of Fruits, Vegetables, and 100% Fruit Juice available daily					


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OCTOBER 2025 HS→HS MENU

Breakfast

All breakfasts includes an Entrée, Fruit/Juice, and Milk

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Glazed Pull-A-Part Cupped or Dried Fruit	7 Sunrise Breakfast Muffin Seasonal Fresh Fruit	8 Cold Cereal Variety Cupped or Dried Fruit	9 Pumpkin Breakfast Bread Seasonal Fresh Fruit	10 Blueberry Mini Loaf & String Cheese Stick Cupped or Dried Fruit
13 Caramel Mini Cinnis Roll Cupped or Dried Fruit	14 Cherry Breakfast Muffin Seasonal Fresh Fruit	15 Yogurt Cup Combo Cupped or Dried Fruit	16 Banana Breakfast Bread Seasonal Fresh Fruit	17 Cocoa Cherry Bar & String Cheese Stick Cupped or Dried Fruit
20 Glazed Pull-A-Part Cupped or Dried Fruit	21 Sunrise Breakfast Muffin Seasonal Fresh Fruit	22 Cold Cereal Variety Cupped or Dried Fruit	23 Pumpkin Breakfast Bread Seasonal Fresh Fruit	24 Blueberry Mini Loaf & String Cheese Stick Cupped or Dried Fruit
27 Caramel Mini Cinnis Roll Cupped or Dried Fruit	28 Cherry Breakfast Muffin Seasonal Fresh Fruit	29 Yogurt Cup Combo Cupped or Dried Fruit	30 Banana Breakfast Bread Seasonal Fresh Fruit	31 Cocoa Cherry Bar & String Cheese Stick Cupped or Dried Fruit

Lunch

All lunch includes an Entrée, Fruit, Juice, Vegetables, and Milk

Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Grilled Hamburger or Cheeseburger on Bun Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	7 Beef or Pork Taco Fiesta Refried Beans Cucumber Dippers Cupped or Dried Fruit	8 Boneless Wings & Dutch Waffle Country Baked Beans Cucumber Dippers Seasonal Fresh Fruit	9 Corn Dog Basket Steamed Broccoli Florets Romaine Side Salad Cupped or Dried Fruit	10 Crispy or Spicy Breaded Chicken Sandwich Mashed Potato & Gravy Baby Carrots Seasonal Fresh Fruit
13 No School for Students	14 Cheese Pizza Crunchers Santa Fe Black Beans Romaine Side Salad Cupped or Dried Fruit	15 Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels Cucumber Dippers Seasonal Fresh Fruit	16 Sliced Beef & Broccoli w/ Ramen Noodles Marinara Sauce Cup Steamed Broccoli Florets Celery Stick Dippers Cupped or Dried Fruit	17 Boneless Wings & Dutch Waffle Cucumber Dippers Baby Carrots Seasonal Fresh Fruit
NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
20 Crispy Breaded or Spicy Chicken Sandwich Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	21 Cheese or Pepperoni Pizza Fiesta Refried Beans Cucumber Dippers Cupped or Dried Fruit	22 Boneless Wings & Rings with Boom-Boom Sauce Marinara Sauce Cup Steamed Corn Kernels Romaine Side Salad Seasonal Fresh Fruit	23 Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets Celery Stick Dippers Cupped or Dried Fruit	24 Pasta & Beef Meatballs in Sauce Cucumber Dippers Baby Carrots Seasonal Fresh Fruit
27 Tangerine Chicken w/ Rice & Fortune Cookie Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	28 Cheese Pizza Crunchers Santa Fe Black Beans Romaine Side Salad Cupped or Dried Fruit	29 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit Steamed Corn Kernels Cucumber Dippers Seasonal Fresh Fruit	30 Sliced Beef & Broccoli w/ Ramen Noodles Steamed Broccoli Florets Celery Stick Dippers Cupped or Dried Fruit	31 Cheese or Pepperoni Pizza Cucumber Dippers Baby Carrots Seasonal Fresh Fruit


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		1 Cold Cereal Variety Seasonal Fresh Fruit	2 Blueberry Mini Loaf & Farmers Market Crackers Cupped or Dried Fruit	3 Cocoa Cherry Bar & String Cheese Stick Seasonal Fresh Fruit
6 Glazed Pull-A-Part Seasonal Fresh Fruit	7 Sunrise Breakfast Muffin Cupped or Dried Fruit	8 Cold Cereal Variety Seasonal Fresh Fruit	9 Pumpkin Breakfast Bread Cupped or Dried Fruit	10 Blueberry Mini Loaf & String Cheese Stick Seasonal Fresh Fruit
13 Caramel Mini Cinnis Roll Cupped or Dried Fruit	14 Cherry Breakfast Muffin Seasonal Fresh Fruit	15 Yogurt Cup Combo Cupped or Dried Fruit	16 Banana Breakfast Bread Seasonal Fresh Fruit	17 Cocoa Cherry Bar & String Cheese Stick Cupped or Dried Fruit
20 Glazed Pull-A-Part Cupped or Dried Fruit	21 Sunrise Breakfast Muffin Seasonal Fresh Fruit	22 Cold Cereal Variety Cupped or Dried Fruit	23 Pumpkin Breakfast Bread Seasonal Fresh Fruit	24 Blueberry Mini Loaf & String Cheese Stick Cupped or Dried Fruit
27 Caramel Mini Cinnis Roll Cupped or Dried Fruit	28 Cherry Breakfast Muffin Seasonal Fresh Fruit	29 Yogurt Cup Combo Cupped or Dried Fruit	30 Banana Breakfast Bread Seasonal Fresh Fruit	31 Cocoa Cherry Bar & String Cheese Stick Cupped or Dried Fruit

Lunch

All lunch includes an Entrée, Fruit/Juice and Vegetables, and Milk

Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim


Monday	Tuesday	Wednesday	Thursday	Friday
		1 Boneless Wings & Dutch Waffle Country Baked Beans Cucumber Dippers Cupped or Dried Fruit	2 Three Cheese Quesadilla Salsa Cup Steamed Broccoli Florets Romaine Side Salad 100% Fruit Juice	3 Cheese or Pepperoni Pizza Mashed Potatoes & Gravy Baby Carrots Seasonal Fresh Fruit
6 Grilled Hamburger or Cheeseburger on Bun Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	7 Beef or Pork Taco Fiesta Refried Beans Cucumber Dippers 100% Fruit Juice	8 Boneless Wings & Rings with Boom-Boom Sauce Marinara Sauce Steamed Corn Kernels Romaine Side Salad Cupped or Dried Fruit	9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie Steamed Broccoli Florets Celery Stick Dippers 100% Fruit Juice	10 Cheese or Pepperoni Pizza Cucumber Dippers Baby Carrots Seasonal Fresh Fruit
13 No School for Students 	14 Cheese Pizza Crunchers Santa Fe Black Beans Romaine Side Salad 100% Fruit Juice	15 Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels Cucumber Dippers Cupped or Dried Fruit	16 Sliced Beef & Broccoli w/ Ramen Noodles Steamed Broccoli Florets Celery Stick Dippers 100% Fruit Juice	17 Boneless Wings & Dutch Waffle Cucumber Dippers Baby Carrots Seasonal Fresh Fruit
NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
20 Crispy Breaded or Spicy Chicken Sandwich Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	21 Cheese or Pepperoni Pizza Fiesta Refried Beans Cucumber Dippers 100% Fruit Juice	22 Boneless Wings & Rings with Boom-Boom Sauce Steamed Corn Kernels Romaine Side Salad Cupped or Dried Fruit	23 Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets Celery Stick Dippers 100% Fruit Juice	24 Pasta & Beef Meatballs in Sauce Cucumber Dippers Baby Carrots Seasonal Fresh Fruit
27 Tangerine Chicken w/ Rice & Fortune Cookie Celery Stick Dippers Baby Carrots Seasonal Fresh Fruit	28 Cheese Pizza Crunchers Santa Fe Black Beans Romaine Side Salad 100% Fruit Juice	29 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit Steamed Corn Kernels Cucumber Dippers Cupped or Dried Fruit	30 Sliced Beef & Broccoli w/ Ramen Noodles Steamed Broccoli Florets Celery Stick Dippers 100% Fruit Juice	31 Cheese or Pepperoni Pizza Cucumber Dippers Baby Carrots Seasonal Fresh Fruit

OCTOBER 2025

HS → PRE-K MENU

Breakfast

All breakfasts includes an Entrée, Fruit/Juice, and Unflavored Milk

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Cold Cereal Variety (WG) Seasonal Fresh Fruit	7 Chicken Biscuit Cupped or Dried Fruit	8 Cold Cereal Variety (WG) Seasonal Fresh Fruit	9 Maple Sausage Pancake Wrap-stick Cupped or Dried Fruit	10 Cinnamon Waffle Mini Bites Seasonal Fresh Fruit
13 Cold Cereal Variety (WG) Seasonal Fresh Fruit	14 Sausage Biscuit Cupped or Dried Fruit	15 Cold Cereal Variety (WG) Seasonal Fresh Fruit	16 Bacon & Cheese Egg Bite on Brazilian Bun Cupped or Dried Fruit	17 Apple Cinnamon French Toast Seasonal Fresh Fruit
20 Cold Cereal Variety (WG) Seasonal Fresh Fruit	21 Chicken Biscuit Cupped or Dried Fruit	22 Cold Cereal Variety (WG) Seasonal Fresh Fruit	23 Maple Sausage Pancake Wrap-stick Cupped or Dried Fruit	24 Cinnamon Waffle Mini Bites Seasonal Fresh Fruit
27 Cold Cereal Variety (WG) Seasonal Fresh Fruit	28 Sausage Biscuit Cupped or Dried Fruit	29 Cold Cereal Variety (WG) Seasonal Fresh Fruit	30 Bacon & Cheese Egg Bite on Brazilian Bun Cupped or Dried Fruit	31 Apple Cinnamon French Toast Seasonal Fresh Fruit

Lunch

All lunch includes an Entrée, Fruit, Juice, Vegetables, and Unflavored Milk

Milk Choices include Low Fat White, Fat Free Skim

Monday	Tuesday	Wednesday	Thursday	Friday
				
6 Pepperoni Calzone Marinara Sauce Cup Baby Carrot Dippers Seasonal Fresh Fruit	7 Beef or Pork Taco Fiesta Refried Beans Cupped or Dried Fruit	8 Boneless Wings & Rings with Roll Steamed Corn Kernels Seasonal Fresh Fruit	9 New Orleans Grilled Chicken with Ramen Noodles Steamed Broccoli Florets Cupped or Dried Fruit	10 Pasta & Beef Meatballs in Sauce Cucumber Dippers Seasonal Fresh Fruit
13 No School for Students 	14 Crispy Breaded Chicken Sandwich Santa Fe Black Beans Cupped or Dried Fruit	15 Popcorn Chicken Potato Bowl with Gravy Mashed Potatoes Seasonal Fresh Fruit	16 Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets Celery Stick Dippers Cupped or Dried Fruit	17 Cheese or Pepperoni Pizza Cucumber Dippers Seasonal Fresh Fruit
NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport!				
20 Pepperoni Calzone Marinara Sauce Cup Baby Carrot Dippers Seasonal Fresh Fruit	21 Beef or Pork Taco Fiesta Refried Beans Cupped or Dried Fruit	22 Meat Lovers Stromboli Steamed Corn Kernels Seasonal Fresh Fruit	23 New Orleans Grilled Chicken with Ramen Noodles Steamed Broccoli Florets Cupped or Dried Fruit	24 Pasta & Beef Meatballs in Sauce Cucumber Dippers Seasonal Fresh Fruit
27 Cheese or Pepperoni Pizza Baby Carrot Dippers Seasonal Fresh Fruit	28 Grilled Hamburger or Cheeseburger on Bun Santa Fe Black Beans Cupped or Dried Fruit	29 Popcorn Chicken Potato Bowl with Gravy Mashed Potatoes Seasonal Fresh Fruit	30 Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets Cupped or Dried Fruit	31 Boneless Wings & Dutch Waffle Cucumber Dippers Seasonal Fresh Fruit