

OCTOBER 2024

Menu subject to change without notice!
Daily Breakfasts include Cereal and Juice.
All meals served with FF or Skim Milk.

BREAKFAST MENU

Monday

Tuesday

Wednesday

Thursday

Friday



6

7

8

9

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13

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15

16

17

20

21

22

23

24

27

28

29

30

31

Breakfast Pizza Bagel (233)
Juice (60)

Biscuits & Gravy (273)
Juice (60)

Double Chocolate
Donut Bites (430)

Egg & Cheese Omelet (110)
Juice (60)

Pancakes w/ Syrup (270)
Ham (70)

Biscuits & Gravy (273)
Juice (60)

French Toast (170)
Sausage (100)

Chocolate Chip Muffin (190)
Juice (60)

Waffles (180)
Ham (70)

Biscuits & Gravy (273)
Juice (60)

Oatmeal (140)
Toast (70)

Bagel w/ Cream Cheese (200)
Juice (60)

Pancakes w/ Syrup (270)
Ham (70)

Biscuits & Gravy (273)
Juice (60)

French Toast (170)
Sausage (100)

Donut Holes (190)
Juice (60)

Waffles (180)
Ham (70)

Biscuits & Gravy (273)
Juice (60)

Cinnamon Roll (170)
Juice (60)



OCTOBER 2025

LUNCH MENU

All meals served with ½ cup fruit & 8 oz unflavored low-fat, fat-free, or flavored milk

Menu subject to change without notice!
All meals served with FF or Skim Milk.
Chef Salad (7-12) or PBJ, Ham, or Turkey sandwiches
available Tuesday-Thursday as an alternate to the main
entrée. These sandwiches can also be
purchased a la carte.

Monday

Tuesday

Wednesday

Thursday

Friday



6

7

1

Chicken Patty
w/ WG Bun (330)
Fries (190)
Fruit (80)

2

Tater Tot Casserole (310)
Green Beans (60)
Fruit (80)

3

Soft Chicken Taco (220)
Spanish Rice (260)
Fruit (80)

13

14

Pepperoni Pizza (260)
Salad w/Ranch (100)
Fruit (80)

15

Chicken Patty
w/ WG Bun (330)
Fries (190)
Fruit (80)

16

Hot Ham & Cheese
Sliders (250)
Green Beans (60)
Fruit (80)

17

Tortellini (120)
Carrots (60)
Fruit (80)

20

21

Meatball Subs (340)
Chips (260)
Fruit (80)

22

Chicken Patty (180)
Mashed Potatoes (110)
Fruit (80)

23

Spaghetti (220)
Salad (100)
Garlic Breadstick (100)
Fruit (80)

24

Chili (260)
Carrots (60)
Cheese Stick (110)
Fruit (80)

27

28

Pizza Lunchable (380)
Carrots (100)
Fruit (80)

29

Chicken Patty
w/ WG Bun (330)
Fries (190)
Fruit (80)

30

Mozzarella Cheese
Breadsticks (230)
Carrots (60)
Fruit (80)

31

Pepperoni
Calzone (350)
Salad (100)
Fruit (80)

All meals served with ½ cup fruit and 8 oz low-fat, fat-free, or flavored milk.

This is an equal opportunity employer institution.

