



Breakfast and Lunch Menu October 5 to October 9, 2026



DAY	BREAKFAST	LUNCH
MONDAY	French toast. Whole grain cereal. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	BBQ chicken sandwich on whole grain bread. Coleslaw. French fries. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
TUESDAY	Breakfast skillet bowl with eggs, cheese and potatoes. Whole grain cereal. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Chicken and broccoli Alfredo. Whole grain pasta. Sautéed vegetables. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
WEDNESDAY	Whole grain beef empanada. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Hamburger with American cheese on a whole grain bun. French fries. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.
THURSDAY	Whole grain corn muffin. Assorted fruit yogurt. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Whole grain cheese pizza. Choice of pepperoni pizza for grades 9–12. Celery and carrots with ranch dressing. Fruit juice. Choice of whole milk, reduced-fat milk or chocolate milk.
FRIDAY	Turkey sausage, egg and cheese sandwich on a whole grain bun. 100% fruit juice. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.	Beef stew. Mashed potatoes. Whole grain garlic roll. Sautéed vegetables. Fresh fruit. Choice of whole milk, reduced-fat milk or chocolate milk.

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