



October

Menu – 2025

Octobre -french

22 lunch days

Monday-lunes	Tuesday-martes	Wednesday-miércoles	Thursday-jueves	Friday-viernes
		1 Pancakes Bacon or Veggie sausage Veggie sticks Fresh Fruit Snack: Apples, Cheese & Crackers	2 American Chop Suey Salad or Fresh Veggies Fresh Fruit Snack: French toast squares, fruit	3 Pizza Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh Fruit Snack: Smoothies
6 American Chop Suey Salad or Fresh Veggies Fresh Fruit Snack: Popcorn, fruit	7 Pulled chicken Tacos Rice Salad or Fresh Veggies Fresh Fruit Snack: Chips and salsa, fruit, cheese sticks	8 Macaroni and Cheese Salad or Fresh Veggies Homemade apple sauce Snack: Yogurt Parfaits	9 Pizza Cheese, Veggie, Pepperoni Salad or Fresh Veggies Fresh Fruit Snack: Muffins, Veggies	10 No School TWD
13 No School Indigenous Peoples Day	14 Pancake Bacon or turkey bacon Cucumber sticks Fresh Fruit Snack: Popcorn, Fruit, Cheese stick	15 Shephards Pie Salad Fresh Fruit Snack: Yogurt Parfaits	16 Sloppy Joes French Fries Salad or Fresh Veggies Fresh Fruit Snack: Muffins, Fruit	17 Pizza Cheese, Veggie, Pepperoni Salad or fresh veggies Fresh Fruit Snack: Smoothies
20 Chicken Tender Sandwich Pickle Sweet potato Fries Fresh veggies Fresh Fruit Snack: Popcorn, Fruit, Cheese stick	21 Cheese or Veggie Quesadillas Rice and Beans Salad or Fresh veggies Fresh Fruit Snack: Egg cups, fruit/veggies	22 Baked Ziti Salad Fresh Fruit Snack: Yogurt Parfaits	23 Chicken, Mashed or Baked Potatoes, Peas Fresh Fruit Snack: Oatmeal bar (student adds own toppings) Fruit	24 Pizza Cheese, Veggie, Pepperoni Salad or Fresh veggies Fresh Fruit Snack: Smoothies
27 Soup (TBD) and Grilled cheese sandwich Veggie sticks, pickle Fresh Fruit Snack: Egg cups, fruit/veggies	28 Beef Tacos Rice and beans Corn Fresh Fruit Snack: Chips and salsa, fruit or veggies	29 Mac and Cheese Broccoli Applesauce Snack: Popcorn, fruit or veggies	30 Fish Sticks French Fries Salad or Fresh Veggies Fresh Fruit Snack: Yogurt parfaits	31 HALLOWEEN Pizza Cheese, Veggie, Pepperoni Salad or Fresh Veggies Fresh Fruit Snack: Brunch with Family

Always Gluten Free, Vegetarian and Dairy Free options for all hot lunches and snacks. I do my best to provide egg free options as often as possible. PB&J sandwiches or another sandwich option (tuna/ egg) will be available in place of hot lunch, if desired. Non dairy milk and whole milk provided during lunch.

Please feel free to email me with any questions/concerns-Thank you, Miss Amy