


## OCTOBER 2025 BREAKFAST for FCPS


**Choose 1 Entrée (Donut & Cereal offered daily) -Choose 1 or 2 Fruit & 100% Fruit juice-Choose 1 Milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Crunch Heard Round the Commonwealth Oct 9th</b>	SEPT 30 <b>Katz Muffin</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	1 <b>Sausage Patty</b> Gluten-free, Dairy-free, Soy-free, Nut-free	2 <b>Katz Cinnamon Roll</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	3 <b>Katz Donut</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG
6 <b>Lucky Charms Cereal</b> Gluten-free, Dairy-free, Soy-free, Nut-free <b>VA Asian Pears</b>	7 <b>Sausage Patty</b> Gluten-free, Dairy-free, Soy-free, Nut-free	8 <b>Katz Strawberry PopTart</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	9 <b>Katz Donut</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG  <b>Assorted VA Apples</b>	10 <b>EARLY DISMISSAL NO BREAKFAST</b>
13 <b>NO SCHOOL</b>	14 <b>Vans Waffles</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	15 <b>Katz Muffin</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	16 <b>Berries &amp; Cream Overnight Oatmeal</b> Gluten-free, Soy-free, Nut-free	17 <b>Katz Donut</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG
20 <b>Katz Muffin</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	21 <b>Turkey Bacon Schar Bun</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG Gluten-free, Dairy-free, AG	22 <b>Katz Cinnamon Roll</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	23 <b>Ham Slices Schar Bun</b> Gluten-free, Dairy-free, Soy-free, Nut-free Gluten-free, Dairy-free, AG	24 <b>Katz Donut</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG
27 <b>Lucky Charms Cereal</b> Gluten-free, Dairy-free, Soy-free, Nut-free	28 <b>Katz Strawberry PopTart</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	29 <b>Sausage Patty</b> Gluten-free, Dairy-free, Soy-free, Nut-free	30 <b>Katz Cinnamon Roll</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG	31 <b>Katz Donut</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG

## OCTOBER 2025 LUNCH for FCPS

**Choose 1 Entrée (Meat & Grain)-Choose 1 or 2 Vegetables-\*Choose 1 Fruit -Choose 1 Milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPT 29</b> <b>Natures Promise Chicken Nuggets</b> Gluten-free, Dairy-free, Nut-free, AG <b>Mashed Potatoes</b> Gluten-free, Soy-Free, Nut-free <b>Broccoli</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	<b>SEPT 30</b> <b>Ham Slices</b> Gluten-free, Dairy-free, Soy-free, Nut-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Baby Carrots</b> NO ALLERGENS <b>Ranch dip</b> Gluten-free, Soy-free, AG <b>Veggie Juice</b> NO ALLERGENS	<b>OCT 1</b> <b>Still Riding Pizza</b> Gluten-free, Dairy-free, Soy-free, AG, Vegan <b>Red Pepper Strips</b> Ranch dip Gluten-free, Soy-free, AG <b>Caesar Salad</b> Gluten-free, Soy-free, Nut-free, AG	2 <b>Chicken Taco Salad</b> (no seasoning) <b>White Nacho Doritos</b> Gluten-free, Soy-Free, Nut-free, AG <b>Salsa</b> NO ALLERGENS <b>Fiesta Beans</b> NO ALLERGENS <b>Corn</b> Gluten-Free 100% Fruit Juice	3 <b>Yogurt &amp; Cheesestick</b> Gluten-free, Soy-free, Nut-free <b>French Fries</b> Gluten-free, Dairy-free, Nut-free, AG <b>Creamy Fresh Coleslaw</b> Gluten-free, Nut-free, AG
6 <b>Still Riding Pizza</b> Gluten-free, Dairy-free, Soy-free, AG, Vegan <b>Tossed Salad</b> No Allergens <b>Baby Carrots</b> NO ALLERGENS 100% Fruit Juice <b>FARM TO SCHOOL WEEK OCTOBER 6-10</b>	7 <b>Diced Chicken</b> Gluten-free, Dairy-free, Soy-free, AG <b>Celery Sticks</b> NO ALLERGENS <b>Ranch dip</b> Gluten-free, Soy-free, AG <b>Veggie Juice</b> NO ALLERGENS <b>Watermelon</b>	8 <b>Hamburger Patty</b> Gluten-free, Dairy-free, Soy-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Garlicky Green Beans</b> Gluten-free, Dairy-free, Nut-free- AG, <b>Grape Tomatoes</b>	9 <b>Hot Dog</b> Gluten-free, Dairy-free, Soy-free, Nut-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Baked Beans</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG-VEGAN <b>Cabbage</b> 100% Fruit Juice	10 <b>Turkey Bacon</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Tator Tots</b> Gluten-free, Dairy-free, Nut-free, AG <b>Sliced Cucumbers</b> <b>Ranch dip</b> Gluten-free, Soy-free, AG

<b>13</b> <b>National School Lunch Week</b> 	<b>14</b> <b>Natures Promise Chicken Nuggets</b> Gluten-free, Dairy-free, Nut-free, AG <b>Mashed Potatoes</b> Gluten-free, Nut-free, AG <b>Grape Tomatoes</b>	<b>15</b> <b>Hamburger Patty</b> Gluten-free, Dairy-free, Soy-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Baked Beans</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG-Vegan <b>Red Pepper Strips</b> No Allergens <b>Ranch dip</b> Gluten-free, Soy-free, AG No Allergens <b>Ranch dip</b> Gluten-free, Soy-free, AG 100% Fruit Juice	<b>16</b> <b>Diced Chicken</b> Gluten-free, Dairy-free, Soy-free, AG w/ teriyaki sauce Dairy-free, Nut-free, AG <b>Vegetable Egg Roll</b> Dairy-free, Soy-free, Nut-free <b>Broccoli</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	<b>17</b> BREAKFAST AT LUNCH <b>Sausage Patty</b> Gluten-free, Dairy-free, Soy-free, Nut-free <b>Vans Waffles</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG <b>Tator Tots</b> Gluten-free, Dairy-free, Nut-free, AG <b>Veggie Juice</b> NO ALLERGENS
<b>20</b> <b>Natures Promise Chicken Nuggets</b> Gluten-free, Dairy-free, Nut-free, AG <b>French Fries</b> Gluten-free, Dairy-free, Nut-free, AG <b>Baby Carrots</b> NO ALLERGENS <b>Ranch dip</b> Gluten-free, Soy-free, AG	<b>21</b> <b>Still Riding Pizza</b> Gluten-free, Dairy-free, Soy-free, AG, Vegan <b>Corn</b> Gluten-free, Dairy-free, Nut-free, AG, Vegan <b>Tossed Salad</b> No Allergens	<b>22</b> <b>Diced Chicken Alfredo Sauce</b> Gluten-free, AG <b>Sweet Potatoes w/ Marshmallow</b> Gluten-free, Dairy-free, Nut-free, AG, Vegan <b>Broccoli</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	<b>23</b> <b>Hamburger Patty</b> Gluten-free, Dairy-free, Soy-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>French Fries</b> Gluten-free, Dairy-free, Nut-free, AG <b>Sliced Cucumbers</b> <b>Ranch dip</b> Gluten-free, Soy-free, AG	<b>24</b> <b>Hot Dog</b> Gluten-free, Dairy-free, Soy-free, Nut-free <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Baked Beans</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG-VEGAN <b>Garlicky Green Beans</b> Gluten-free, Dairy-free, Nut-free- AG,
<b>27</b> <b>Natures Promise Chicken Nuggets</b> Gluten-free, Dairy-free, Nut-free, AG <b>Mashed Potatoes</b> Gluten-free, Soy-Free, Nut-free <b>Broccoli</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG, Vegan	<b>28</b> <b>Chicken Taco Salad</b> (no seasoning) <b>White Nacho Doritos</b> Gluten-free, Soy-Free, Nut-free, AG <b>Salsa</b> NO ALLERGENS <b>Fiesta Beans</b> NO ALLERGENS <b>Corn</b> Gluten-Free	<b>28</b> <b>Still Riding Pizza</b> Gluten-free, Dairy-free, Soy-free, AG, Vegan <b>Red Pepper Strips</b> Ranch dip Gluten-free, Soy-free, AG <b>Caesar Salad</b> Gluten-free, Soy-free, Nut-free, AG	<b>30</b> <b>Turkey Slices</b> Gluten-free, Dairy-free, Soy-free, Nut-free, AG <b>Schar Bun</b> Gluten-free, Dairy-free, AG <b>Baby Carrots</b> NO ALLERGENS <b>Ranch dip</b> Gluten-free, Soy-free, AG <b>Veggie Juice</b> NO ALLERGENS	<b>31</b> <b>Yogurt &amp; Cheesestick</b> Gluten-free, Soy-free, Nut-free <b>French Fries</b> Gluten-free, Dairy-free, Nut-free, AG <b>Creamy Fresh Coleslaw</b> Gluten-free, Nut-free, AG

\* 100% Juice or Juice cups are not served to PreK students during breakfast \*At least 80% of grains offered weekly are whole grain rich

\*Pizza served daily at FMS

\*Chicken Sandwiches & Assorted Deli Sandwiches served daily at FCHS \*FCHS may choose 1 or 2 fruits