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

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

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