



STAUNTON CITY SCHOOLS

October 2026 Menu

Farm To School Month

All Elementary Schools

Menus are subject to change based on product availability.

EVERY BREAKFAST

Served with assorted fresh fruit and a low-fat unflavored milk selection. Granola & Yogurt Parfait offered daily

EVERY LUNCH

Offered with fresh fruit, a vegetable, and a milk selection. Students must take ½ cup fruit or vegetable.

AVAILABLE EVERY DAY

Sun butter and jelly with a cheese stick (dairy-free option available)
Chef salad with Zee Zee wheat crackers
Weekly featured lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CYCLE WEEK 3 ALL WEEK Cheeseburger offered every day this week, in addition to the daily lunch

Why Farm to School?

Fresher food for students, support for Virginia farmers, and a chance for kids to learn where their food comes from.

Thank you to our local farm partners for helping us put real, fresh food on every tray!

Local tastes better!



1 THU

BREAKFAST

- Pancake Sausage Nugget
- Trix Fruity Muffin

LUNCH

- Bessie Bee's BBQ Chicken Bowl: Popcorn Chicken on Cheesy Mashed Potatoes with Buttered Corn & Hot Honey Hushpuppy

2 FRI

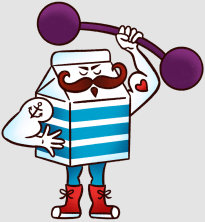
BREAKFAST

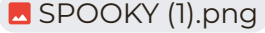
- Fiesta Egg & Cheese Croissant
- Lemon Bread Slice

LUNCH

- French Bread White Pizza with Marinara Dip & Broccoli Bites

CYCLE WEEK 4 ALL WEEK Morning Star Chicken Nuggets offered every day this week, in addition to the daily lunch. It's Farm to School Month and VA Farm to School Week! **Click here for more information:** <https://www.flickr.com/photos/usdagov/10410338223> **Click here for our promotional flyer:** [W Taste_Virginia_Farm_to_School_Week_ADA \(1\).docx](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 MON SPECIAL MENU DAY BREAKFAST - Maple Mini Pancakes - Cinnamon Toast Crunch Muffin LUNCH - Big Mac-Deal Burger-Local Beef Patty with Storm Secret Sauce & Local toppings. Crinkle Fries and Local Fruits  Special.png	6 TUE SPECIAL MENU DAY BREAKFAST - Breakfast Burrito w/ Salsa - Peach Hot Pocket LUNCH - Local BBQ Chicken Drummies, w/local steamed Green Beans, and Apple Crunch Salad and Local Fruits Click here for cafeteria to classroom:  CCC ELEM ED FL...	7 WED SPECIAL MENU DAY BREAKFAST - Pancake & Sausage Sammy - Cocoa Bread Slice LUNCH - Breakfast for Lunch-Southwest Breakfast Sausage Taco with House-Seasoned Turkey Sausage, egg, cheese, and Scratch-made Picante, Churro, Sweet Potato Fries, and Local Fruits	8 THU SPECIAL MENU DAY BREAKFAST - Morning Star Breakfast Biscuit - Pillsbury Apple Frudel LUNCH - Local All-Beef Frank with Scratch-made Bean Chili, Spicy Onion Relish, and Nacho sauce. Local Steamed Broccoli with Cheddar Cheese and Local Fruits	9 FRI SPECIAL MENU DAY BREAKFAST - Turkey Ham & Cheese Croissant - Cherry Coco Bar LUNCH - Big Daddy Cheese Slice - Staunton City Chopped Salad (*replaces Chef Salad) - Side Kick Chopped Salad and Local Fruits
CYCLE WEEK 5 ALL WEEK Rebillyous Chicken Tenders offered every day this week, in addition to the daily lunch- National Hispanic Heritage Month Sept 15-Oct 15- Click here for the promotional flyer :  Fiesta_de_Sabores_Hispanic_Heritage_Day.pdf				
12 MON No school — workday OCT 12-16 National School Lunch Week- Celebrating School Lunch-The Greatest Show on Earth! This is also a great time to acknowledge and thank our school nutrition professionals for everything they juggle to get delicious and nutritious food in front of every student, every day.	13 TUE No school — parent conference day 	14 WED BREAKFAST - Turkey Sausage, Egg & Cheese Empanada - Cinnamon Toast Crunch Muffin LUNCH - Blazing Basket: Buffalo Chicken Chunks, Spicy Onion Rings, Jalapeño Ranch Dip, Crinkle Fries	15 THU SPECIAL MENU DAY BREAKFAST - Chicken Sausage & Cheese on English Muffin - Blueberry Bread Slice LUNCH - Pollo en Tinga w/ Queso Blanco & Picante, Rojo, Cumin Beans, Glazed Plantains, Churro and Mexican Fruit Salad	16 FRI BREAKFAST - Big K Waffle - Cocoa Puffs Bar LUNCH - Pepperoni or Cheese Pizza Day with Broccoli Bites and Fresh Fruit Variety 
CYCLE WEEK 1 ALL WEEK Turkey Hot Dog on a Bun offered every day this week, in addition to the daily lunch				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 MON BREAKFAST – Confetti Pancakes – Apple Hot Pocket LUNCH – Lemony Baked Chicken w/ Roll & Hot Fries 	20 TUE BREAKFAST – Warm Apple Blintz – Pumpkin Bread Slice LUNCH – Beef Dumpling Bowl — Seasoned Beef Broth & Spring Onion – Carrots & Peas	21 WED BREAKFAST – Egg & Cheese Filled Biscuit – Cocoa Sweet Bread LUNCH – Orange Crunch Chicken with Brown Rice, Ginger Glazed Carrots & Spiced Pineapples	22 THU BREAKFAST – Pancake Sausage Nugget – Trix Fruity Muffin LUNCH – Walking Fritos Beef Taco with Lettuce, Salsa & Shredded Cheddar, Cheesy Refried Beans (jalapeño ranch cup)	23 FRI BREAKFAST – Fiesta Egg & Cheese Croissant – Lemon Bread Slice LUNCH – Stuffed Crust Cheese Pizza w/ Romaine Garden Salad
CYCLE WEEK 2 ALL WEEK Crispy Chicken Sandwich offered every day this week, in addition to the daily lunch CLICK HERE FOR SPECIAL MENU FLYER ON OCT 28  Spooky_Fun_Lunch_Oct28.pdf				
26 MON BREAKFAST – Mini Blueberry Pancakes – Zee Zee Bars & Sunflower Seeds LUNCH – Ware Tiger Woodles w/ Glazed Ginger Carrots	27 TUE BREAKFAST – Two Cinnamon-Filled Churros – Strawberry Cheerios Cereal Bar with Cheese Stick LUNCH – Salisbury Steak with Brown Gravy, Mashed Potatoes, Buttered Roll, and Seasoned Pintos	28 WED SPOOKY FUN BREAKFAST – Turkey Sausage, Egg & Cheese Breakfast Hot Pocket – Banana Bread Slice LUNCH – Breakfast for Lunch: Howl at the Moon, Waffle, w/Goonie Sauce, Freaky Fingers Sausage Links, Monster Crabbage Slaw, Mashed Sweet-BOO-toes, Ghoulish Grapes  	29 THU BREAKFAST – Warm Caramel Pull-Apart – Grahams & Chocolate Dip LUNCH – Chicken Fried Rice with Ponzu Broccoli	30 FRI BREAKFAST – Cinnamon Toast Sausage Crisp-Up – Blueberry Pop-Tart LUNCH – Personal Pan Pizza with Romaine Garden Salad (Tomato, Shredded Carrots, Cucumber Coins)

Questions about a food allergy or special dietary need? See our [list of known allergens in our menu items](#) (Google Sheets). Please contact your school cafeteria manager or the School Nutrition office, and we would be glad to work with your family

on a plan. Sun butter is served in place of peanut butter, and a dairy-free option is available with the daily sandwich. We are an Equal Opportunity provider.