



SHELBURNE MIDDLE SCHOOL

October 2026 Menu

Breakfast and lunch for SMS Highlanders, with the daily Hot Line and Grab & Go choices available every school day.

Home of the Highlanders

Menus subject to change based on product availability.

HOT LINE

AVAILABLE EVERY SCHOOL DAY

- Cheddar Burger
- Rebellious Chick-un Sandwich with Vegan Cheese
- Veggie Burger with vegan cheese
- Spicy Chicken Sandwich
- All-Beef Hot Dog
- Catty Patty with Boom Boom sauce

GRAB & GO

AVAILABLE EVERY SCHOOL DAY

- **Peanut Butter Jelly Time Uncrustable** raspberry or honey
- **Neato Nachos** spicy Doritos, ZeeZee taco hummus & cheese cup
- **Protein Zing** buffalo chicken bites, chili lime mango & white Doritos
- **Peas and Thanks "Taco" Salad** plant-based, vegan
- **Coco Loco** chocolate hummus & Zee Zee graham dippers
- **Sub Sandwich of the Week**

All Grab & Go items include an optional cheese stick or cheese cup, plus a fresh fruit and vegetable offering. We offer non-dairy substitutions when requested

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CYCLE WEEK 3

Why Farm to School?

Fresher food for students, support for Virginia farmers, and a chance to learn where our 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

FEATURED LUNCH

- WINGS ARE BACK! Flavor of the week: Spicy Buffalo
 - Buttered Corn & Hot Roll
 - Fruit Variety
- Don't forget your ice-cold milk to cool things off

2 FRI

BREAKFAST

- Fiesta Egg & Cheese Croissant
- Lemon Bread Slice

FEATURED LUNCH

- French Bread White Pizza with Marinara Dip & Broccoli Bites

CYCLE WEEK 4 It's Farm to School Month and VA Farm to School Week! [More information](#) | [Promotional flyer](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 MON SPECIAL MENU DAY BREAKFAST – Maple Mini Pancakes – Cinnamon Toast Crunch Muffin FEATURED LUNCH – Big Mac-Deal Burger — Local Beef Patty with Storm Secret Sauce & Local toppings, Crinkle Fries and Local Fruits	6 TUE SPECIAL MENU DAY BREAKFAST – Breakfast Burrito w/ Salsa – Peach Hot Pocket FEATURED LUNCH – Local BBQ Chicken Drummies w/ local steamed Green Beans, Apple Crunch Salad and Local Fruits	7 WED SPECIAL MENU DAY BREAKFAST – Pancake & Sausage Sammy – Cocoa Bread Slice FEATURED 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 FEATURED 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 FEATURED LUNCH – Big Daddy Cheese Slice – Staunton City Chopped Salad – Side Kick Chopped Salad and Local Fruits
CYCLE WEEK 5 National Hispanic Heritage Month, Sept 15–Oct 15 Promotional flyer				
12 MON No school — workday Oct 12–16 National School Lunch Week — Celebrating School Lunch: The Greatest Show on Earth! A great time to thank our school nutrition professionals for everything they juggle to get delicious, 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 FEATURED 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 FEATURED 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 FEATURED LUNCH – Pepperoni or Cheese Pizza Day with Broccoli Bites and Fresh Fruit Variety
CYCLE WEEK 1				
19 MON BREAKFAST – Confetti Pancakes – Apple Hot Pocket FEATURED LUNCH – Lemony Baked Chicken w/ Roll & Hot Fries	20 TUE BREAKFAST – Warm Apple Blintz – Pumpkin Bread Slice FEATURED LUNCH – Beef Dumpling Bowl — Seasoned Beef Broth, Carrots, Peas & Spring Onion	21 WED BREAKFAST – Egg & Cheese Filled Biscuit – Cocoa Sweet Bread FEATURED LUNCH – Orange Crunch Chicken with Brown Rice, Ginger Glazed Carrots & Spiced Pineapples	22 THU BREAKFAST – Pancake Sausage Nugget – Trix Fruity Muffin FEATURED 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 FEATURED LUNCH – Stuffed Crust Cheese Pizza w/ Romaine Garden Salad
CYCLE WEEK 2 Special menu Oct 28 Spooky Fun Lunch flyer				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 MON BREAKFAST – Mini Blueberry Pancakes – Zee Zee Bars & Sunflower Seeds FEATURED LUNCH – Ware Tiger Woodles w/ Glazed Ginger Carrots	27 TUE BREAKFAST – Two Cinnamon-Filled Churros – Strawberry Cheerios Cereal Bar with Cheese Stick FEATURED LUNCH – Salisbury Steak with Brown Gravy, Mashed Potatoes and Seasoned Pintos	28 WED SPOOKY FUN BREAKFAST – Turkey Sausage, Egg & Cheese Breakfast Hot Pocket – Banana Bread Slice FEATURED LUNCH – Breakfast for Lunch: Howl at the Moon Waffle w/ Goonie Sauce, Monster Crabbage Slaw, Mashed Sweet-BOO-toes, Ghoulish Grapes	29 THU BREAKFAST – Warm Caramel Pull-Apart – Grahams & Chocolate Dip FEATURED LUNCH WING DAY! WITH SPOOKY KICK! BROCCOLI BITES, & FRUIT  SWEET SPICY STICK...	30 FRI BREAKFAST – Cinnamon Toast Sausage Crisp-Up – Blueberry Pop-Tart FEATURED LUNCH – Personal Pan Pizza with Romaine Garden Salad (Tomato, Shredded Carrots, Cucumber Coins)

Questions about a food allergy or special dietary need? We offer a list of known allergens in our menu items [here](#). Contact the Shelburne cafeteria manager or the School Nutrition office, and staff will work with your family on a plan. Plant-based and vegan choices are offered daily on both the Hot Line and Grab & Go.



SHELBURNE MIDDLE SCHOOL
 School Nutrition Program