

OVERBROOK SCHOOL FOR THE BLIND
K-8 LUNCH MENU OCTOBER 2025
October is National Farm to Table Month

~Celebrating Connections between Children and Local Food~

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Buttered Chicken Brown Rice Steamed Spinach Chilled Fruit Cocktail Milk	2 Chicken Fried Rice Mixed Vegetables WG Roll Chilled Apricots Mighty Milk	5 Delicious Fish Sticks Baked Fries Steamed Broccoli Fresh Fruit Mighty Milk
6 Sloppy Joe Sandwich on a Whole Grain Bun Steamed Broccoli Chilled Pears Milk	7 Chicken Nuggets w/ Dipping Sauce Sweet Potato Fries Steamed Carrots Chilled Peaches Milk	8 Salisbury Steak w/Low Fat Gravy Mashed Potatoes Steamed Peas WG Roll Chilled Fruit Cocktail Milk	9 Peruvian Chicken With Brown Rice Steamed Spinach WG Roll Local Apple Milk	10 French Bread Pizza Steamed Green Beans Chilled Mandarin Oranges Milk
13 Professional Development Day For Staff	14 Swedish Meatballs over Egg Noodles Steamed Broccoli Applesauce Milk NSLW	15 General Tso Chicken over Rice Steamed Carrots Chilled Mandarin Oranges Mighty Milk NSLW	16 Gnocchi No Nut Pesto Primavera w/Chicken Steamed Spinach Strawberries Milk NSLW	17 Beef Burrito Bowl Steamed Spinach Chilled Apricots Milk NSLW
20 Turkey and Cheese Sandwich Steamed Carrots Celery Sticks Chilled Pears Milk	21 Baked Chicken Nuggets w/BBQ Sauce WG Seasoned Noodles Steamed Broccoli Chilled Peaches Milk	22 Shepherd's Pie Steamed Peas WG Dinner Roll Cucumber Circles Chilled Mandarin Oranges Milk	23 Barb-B-Que Chicken Healthy Brown Rice Steamed Spinach WG Roll Applesauce Milk	24 Baked Fish Sticks Spanish Rice Steamed Green Beans Vegetarian Baked Beans Steamed Broccoli WG Roll Chilled Fruit Cocktail Milk

27 Chicken Salad Sandwich on a WG Bun Steamed Carrots Chilled Pears Milk	28 Chicken Cheesesteak Dark Leafy Green Salad w/ FF Italian Dressing Chilled Fruit Cocktail Milk	29 Marvelous Macaroni and Cheese Stewed Tomatoes Chilled Peaches Milk	30 Chicken Fajita Corn and Black Bean Salad Chilled Apricots Milk	31 Halloween Lunch Earthly Worms and Gravel Stones in Vampire Blood Cemetery Grass Graveyard Markers Ghostly Brew
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Nutritional Weekly Average Ranges: 590-640 Calories, 55%Carbohydrate, 20%Protein, 20% Fat