

Milk is served with lunch

Lunch Menu October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
6 Pizza Carrots Pineapple	7 Fried Rice with Chicken and Vegetable Melon	8 Chicken Chili Apples Bread	9 Beef and Broccoli Rice Plums	10 Sloppy Joes Brown Beans Mixed Fresh Fruit
13 Pizza Carrots Oranges	14 Shepherd's Pie Vegetable Fruit	15 Pork Roast Potatoes Vegetable Fruit Roll	16 Beef Tacos Lettuce, Tomatoes and Cheese Fresh Fruit	17 Sweet and Sour Pork and Rice Vegetable Fruit Bread
20 Pizza Carrots Apples	21 Chicken Pot Pie with Vegetables Fruit	22 Vegetable Lasagna Fruit	23 Beef Enchiladas Vegetable Fruit	24 Turkey Sandwich Vegetable Fruit
27 Pizza Carrots Fruit	28 Baked Ham Scalloped Potatoes Vegetable Fruit Roll	29 Mac and Cheese Vegetable Fruit Roll	30 Lemon Chicken Vegetable Fruit Roll	31 Hamburgers Waffle Fries Vegetable Fruit

Breakfast consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

Afternoon snack consists of one grain, protein, or dairy product and one fruit or vegetable.

Note: non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs. All hotdish and casserole dishes include rice or noodles. A protein like beans, veggie burgers, or tofu will be served in place of meat as needed for those who do not eat meat.