

October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken & Mashed Potato Bowl with Roll Mashed Potatoes Baby Carrots	2 Toasted Pizza Flatbread Sandwich Roasted Zucchini Red Pepper Strips
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Daily Offerings: Chicken Salad/ Craveable: B

5 Chicken Nuggets with Roll Oven Fries Baby Carrots	6 Fiesta Mac & Cheese with Dinner Roll Green Beans Caesar Salad	7 Cheeseburger Baked Beans Carrot Sticks	8 Toasted Cheese Sandwich Tomato Soup Corn Salad	9 Ham & Cheese Pizza Roasted Sweet Potatoes Cucumber Slices
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Daily Offerings: Chef Salad/Turkey and Cheese Wrap/Craveable: C

12 NO SCHOOL!!	13 Chicken & Cheese Quesadilla Steamed Corn Salsa	14 Asian Sesame Chicken over Rice Steamed Broccoli Carrot Sticks	15 Breakfast for Lunch: Pancakes with Cheese Omelet Tri-Taters Mandarin Spring Salad	16 NO SCHOOL!!
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Daily Offerings: Chicken Salad/Craveable: D

19 Pasta with Meat Sauce Zesty Country Green Beans Cucumber Slices	20 Beef Soft Tacos Refried Beans Lettuce & Tomato	21 Indian Butter Chicken over Brown Rice Glazed Carrots Broccoli Salad	22 Italian Toaster Sandwich Curly Fries Apple Cider Slaw	23 Pepperoni Pizza Honey Cinnamon Sweet Potato Corn Salad
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Daily Offerings: Chef Salad/Craveable: A

26 Breaded Chicken Tenders with Mini Waffles Crinkle Cut Fries Chickpea Salad	27 Walking Taco with Pretzel Stick Seasoned Black Beans & Corn Garden Side Salad	28 Chicken Alfredo over Penne with Breadstick Steamed Broccoli Celery Sticks with Ranch	29 Toasted Cheese Sandwich Tomato Soup Green Pepper Strips	30 Cheesy Pizza Steamed Green Beans Baby Carrots
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Daily Offerings: Chicken Salad/Craveable: B

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Available Daily

[Chicken Salad- Weeks- 1, 3, & 6/ Chef Salad- Weeks- 2 & 4 Turkey Wrap- Week-2]
[Craveable A: Nacho with Chips and Salsa, Breadstick Dipper, and PB&J
Craveable B: Pizza, Super Fruit, and PB&J
Craveable C: Walking Taco, Soft Pretzel, and PB&J
Craveable D: Chicken Nugget Dipper, Ham & Cheese, Yogurt, PB&J]

Fruit & Veggie Selection

[Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice]
Students may choose two ½ cup servings.

Milk Selection

1% white milk, 1% chocolate, 1% strawberry

Your Dining Services Team

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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES