



# Nutrition Menu

# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Breakfast and lunch served with Chocolate or Skim, Low-fat, or 1% White Milk, & 100 % Juice.		1	2	3	4
	Menus are subject to change.		<b>Breakfast:</b> Biscuits & gravy, strawberries <b>Lunch:</b> Spooky nachos, salsa, salad, beans, mixed fruit	<b>Breakfast:</b> Yogurt parfaits, berries <b>Lunch:</b> Witch hair pasta with shrimp, broccoli, salad, red peppers, apples, oranges	<b>Breakfast:</b> Muffins, apples <b>Lunch:</b> Turkey sandwich or uncrustable, juice, carrots, apples	
5	6	7	8	9	10	11
<b>Breakfast:</b> Cereal, mixed fruit <b>Lunch:</b> Baked potato bar, roll, beans, salad, mixed fruit	<b>Breakfast:</b> French toast sticks, sausage, bananas <b>Lunch:</b> "Toe" chili, roll, salad, cucumbers, red peppers, apple, pears	<b>Breakfast:</b> Pancakes, strawberries <b>Lunch:</b> Ghostly beef stew, roll, salad, potatoes, mixed fruit	<b>Breakfast:</b> Candy corn parfait, granola <b>Lunch:</b> Potato or chicken noodle soup, finger breadstick, salad, mixed fruit	<b>Breakfast:</b> Pumpkin bread, bananas <b>Lunch:</b> Sandwich, carrots, apples, peaches, juice		
12	13	14	15	16	17	18
<b>Breakfast:</b> Cereal, pears <b>Lunch:</b> Spider pizza, salad, mixed fruit	<b>Breakfast:</b> Omelet, biscuit, mixed fruit <b>Lunch:</b> Bat wings, fries, salad, cucumbers, mixed fruit	<b>Breakfast:</b> Strawberry bagels, bananas <b>Lunch:</b> Jack-O-Lantern stuffed peppers, mixed fruit, salad	<b>Breakfast:</b> Caramel apple pancakes <b>Lunch:</b> Chicken noodle soup with pumpkin, carrots, salad, fruit	<b>Breakfast:</b> Muffin, peaches <b>Lunch:</b> Turkey sandwich, apples, carrots, juice		
19	20	21	22	23	24	25
<b>Breakfast:</b> Apple bagels, bananas <b>Lunch:</b> Toxic waste mac & cheese, salad, mixed fruit, peas	<b>Breakfast:</b> Biscuits & gravy, berries <b>Lunch:</b> Spooky hard shell tacos, beans, corn, salad, pico, mixed fruit	<b>Breakfast:</b> French toast sticks, berries <b>Lunch:</b> Eye ball sushi, edamame, salad, mixed fruit	<b>Breakfast:</b> Yogurt parfait, mixed berries <b>Lunch:</b> Mummy dog, mixed fruit, mixed veggies	<b>Breakfast:</b> Muffins, string cheese, apples <b>Lunch:</b> Sandwich, carrots, apples, juice		
26	27	28	29	30	Halloween! 31	
<b>Breakfast:</b> Cereal, apple <b>Lunch:</b> I see you meatball subs, salad, mixed fruit	<b>Breakfast:</b> French toast sticks, strawberries <b>Lunch:</b> Spaghetti, mummy toast, broccoli, mixed fruit	<b>Breakfast:</b> Pumpkin bread, mixed fruit <b>Lunch:</b> Witchables, salad, cucumbers, mixed fruit	<b>Parent Teacher Conferences</b> <b>8AM-12PM</b> <b>No School!</b>	<b>No School!</b> 		

