

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY SEP 27	MONDAY SEP 28	TUESDAY SEP 29	WEDNESDAY SEP 30	THURSDAY OCT 1	FRIDAY OCT 2	SATURDAY OCT 3
4 WHOLE GRAIN FRENCH TOAST STICKS WITH FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP HOT CREAM OF WHEAT WITH APPLE COMPOTE OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN BLUEBERRY MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CANADIAN HAM, EGG AND AMERICAN CHEESE ON A WHOLE GRAIN ROLL 1 SLICE CANADIAN HAM 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 STRAWBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP RICE ½ CUP CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 6 OZ CHICKEN SALAD ON A WHOLE WHEAT WRAP 1 CUP CHOPPED SALAD FRESH FRUIT ½ PT MILK	6 OZ MEATBALL ORZO SOUP 1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. LOW FAT-CHOCOLATE MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTTO WEDGES ½ CUP BROCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED BBQ CHICKEN QUARTER ½ CUP ROASTED POTATO ½ CUP ROASTED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 VEGETABLE RAMEN NOODLE BOWL ½ CUP BABY BOK CHOY 1 CUP NOODLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED PORK CHOP ½ CUP JASMINE RICE ½ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY OCT 4	MONDAY OCT 5	TUESDAY OCT 6	WEDNESDAY OCT 7	THURSDAY OCT 8	FRIDAY OCT 9	SATURDAY OCT 10
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE CINNAMON AND RAISIN BREAKFAST MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 4 OZ YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH BANANAS AND BLUEBERRIES 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	5 FRENCH TOAST STICKS WITH MIXED FRUIT COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	6 OZ ITALIAN WEDDING SOUP 4 CHICKEN TENDERS 1 CUP ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINESTRONE SOUP 6 OZ FALL TURKEY SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN SALMON POKE BOWL ½ CUP RICE 1 CUP ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ TURKEY CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGETABLE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP STICKY RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 11	MONDAY Oct 12	TUESDAY Oct 13	WEDNESDAY Oct 14	THURSDAY Oct 15	FRIDAY Oct 16	SATURDAY Oct 17
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST GREEK YOGURT PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 SCRAMBLED CHEESY EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
PENNE PASTA WITH CREAMY TOMATO SAUCE 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ BUFFALO CHICKEN MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE TORTILLA SOUP 1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	1 BREADED RANCH CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP GRILLED CHEESE SANDWICH ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED COD ½ CUP BAKED POTATO ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	2 CHICKEN TACO 1 CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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SUNDAY Oct 18	MONDAY Oct 19	TUESDAY Oct 20	WEDNESDAY Oct 21	THURSDAY Oct 22	FRIDAY Oct 23	SATURDAY Oct 24
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 SOUTHWEST BREAKFAST BOWL ½ CUP SCRAMBLED EGGS ½ CUP POTATOES 2 OZ TURKEY SAUSAGE 2 OZ SALSA 2 OZ AVOCADO FRESH FRUIT 4 OZ YOGURT ½ PINT MILK	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT CREAM OF WHEAT WITH MIXED BERRIES COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 FISH FILET SANDWICH ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ MINESTRONE SOUP 2 PIZZA STIX WITH MARINARA SAUCE 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH ½ CUP COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FRENCH ONION SOUP 6OZ CHICKEN TENDERS 1 CUP ROASTED SWEET POTATO 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	1 FISH SANDWICH WITH TARTAR SAUCE ½ CUP LEMON AND GARLIC BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP RICE PILAF ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED CHICKEN QUARTER WITH GRAVY 1 MASHED POTATO 1 CUP PEAS AND CARROTS FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN PULLED PORK RICE BOWL ½ CUP BLACK BEAN AND RICE ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ SWEET TERIYAKI BEEF RICE BOWL ½ CUP RICE ½ CUP CUCUMBER & TOMATO SALAD 1 CUP TOSSED SALAD FRESH FRUIT ½ PINT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Oct 25	MONDAY Oct 26	TUESDAY Oct 27	WEDNESDAY Oct 28	THURSDAY Oct 29	FRIDAY Oct 30	SATURDAY Oct 31
4 WHOLE GRAIN FRENCH TOAST STICKS WITH FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP HOT CREAM OF WHEAT WITH APPLE COMPOTE OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN BLUEBERRY MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CANADIAN HAM, EGG AND AMERICAN CHEESE ON A WHOLE GRAIN ROLL 1 SLICE CANADIAN HAM 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 STRAWBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP RICE ½ CUP CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 6 OZ CHICKEN SALAD ON A WHOLE WHEAT WRAP 1 CUP CHOPPED SALAD FRESH FRUIT ½ PT MILK	6 OZ MEATBALL ORZO SOUP 1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. LOW FAT-CHOCOLATE MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTTO WEDGES ½ CUP BROCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED BBQ CHICKEN QUARTER ½ CUP ROASTED POTATO ½ CUP ROASTED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 VEGETABLE RAMEN NOODLE BOWL ½ CUP BABY BOK CHOY 1 CUP NOODLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED PORK CHOP ½ CUP JASMINE RICE ½ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

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SUNDAY Nov 1	MONDAY Nov 2	TUESDAY Nov 3	WEDNESDAY Nov 4	THURSDAY Nov 5	FRIDAY Nov 6	SATURDAY Nov 7
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE CINNAMON AND RAISIN BREAKFAST MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 4 OZ YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH BANANAS AND BLUEBERRIES 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	5 FRENCH TOAST STICKS WITH MIXED FRUIT COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	6 OZ ITALIAN WEDDING SOUP 4 CHICKEN TENDERS 1 CUP ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINESTRONE SOUP 6 OZ FALL TURKEY SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN SALMON POKE BOWL ½ CUP RICE 1 CUP ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ TURKEY CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGETABLE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP STICKY RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

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2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
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SUNDAY Nov 8	MONDAY Nov 9	TUESDAY Nov 10	WEDNESDAY Nov 11	THURSDAY Nov 12	FRIDAY Nov 13	SATURDAY Nov 14
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST GREEK YOGURT PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 SCRAMBLED CHEESY EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
PENNE PASTA WITH CREAMY TOMATO SAUCE 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ BUFFALO CHICKEN MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE TORTILLA SOUP 1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	1 BREADED RANCH CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP GRILLED CHEESE SANDWICH ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED COD ½ CUP BAKED POTATO ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	2 CHICKEN TACO 1 CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 15	MONDAY Nov 16	TUESDAY Nov 17	WEDNESDAY Nov 18	THURSDAY Nov 19	FRIDAY Nov 20	SATURDAY Nov 21
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 SOUTHWEST BREAKFAST BOWL ½ CUP SCRAMBLED EGGS ½ CUP POTATOES 2 OZ TURKEY SAUSAGE 2 OZ SALSA 2 OZ AVOCADO FRESH FRUIT 4 OZ YOGURT ½ PINT MILK	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT CREAM OF WHEAT WITH MIXED BERRIES COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 FISH FILET SANDWICH ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ MINESTRONE SOUP 2 PIZZA STIX WITH MARINARA SAUCE 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH ½ CUP COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ. TURKEY WITH GRAVY ½ CUP STUFFING WITH CRANBERRY SAUCE 1 CUP SWEET POTATO MASH ½ CUP OF BABY CARROTS AND GREEN BEANS ½ PT. APPLE CIDER ½ PT. 1% LOW-FAT MILK	1 FISH SANDWICH WITH TARTAR SAUCE ½ CUP LEMON AND GARLIC BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP RICE PILAF ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED CHICKEN QUARTER WITH GRAVY 1 MASHED POTATO 1 CUP PEAS AND CARROTS FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN PULLED PORK RICE BOWL ½ CUP BLACK BEAN AND RICE ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ SWEET TERIYAKI BEEF RICE BOWL ½ CUP RICE ½ CUP CUCUMBER & TOMATO SALAD 1 CUP TOSSED SALAD FRESH FRUIT ½ PINT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 22	MONDAY Nov 23	TUESDAY Nov 24	WEDNESDAY Nov 25	THURSDAY Nov 26	FRIDAY Nov 27	SATURDAY Nov 28
4 WHOLE GRAIN FRENCH TOAST STICKS WITH FRUIT COMPOTE 2 TURKEY BREAKFAST SAUSAGE 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CUP HOT CREAM OF WHEAT WITH APPLE COMPOTE OR WHOLE GRAIN CEREAL 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 WHOLE GRAIN BLUEBERRY MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 CANADIAN HAM, EGG AND AMERICAN CHEESE ON A WHOLE GRAIN ROLL 1 SLICE CANADIAN HAM 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 STRAWBERRY AND BANANA WHOLE GRAIN PANCAKE 2 TURKEY BREAKFAST LINKS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	1 ASSORTED BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ	3 OZ SCRAMBLED EGGS W/ CHEESE 2 BACON 1 HASH BROWNS 8 OZ YOGURT FRESH FRUIT ½ PT 1% LOW-FAT MILK ½ PT OJ
6 OZ BAKED ZITI 1 CUP ZUCCHINI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BYO BEEF CHILI RICE BOWL ½ CUP RICE ½ CUP CARROTS AND GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ LENTIL SOUP 6 OZ CHICKEN SALAD ON A WHOLE WHEAT WRAP 1 CUP CHOPPED SALAD FRESH FRUIT ½ PT MILK	6 OZ MEATBALL ORZO SOUP 1 FOCACCIA PIZZA ½ CUP BROCCOLI 1 CUP SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ CRISPY CHICKEN RANCH WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. LOW FAT-CHOCOLATE MILK	DELI BAR TURKEY/HAM/ASSORTED CHEESES, CHICKEN SALAD, 3 OZ MEAT, 1 OZ CHEESE 2 WHOLE WHEAT BREAD ½ CUP COMPOSED SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK
6 OZ TERIYAKI SALMON 1 CUP SWEET POTTO WEDGES ½ CUP BROCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED BBQ CHICKEN QUARTER ½ CUP ROASTED POTATO ½ CUP ROASTED ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	2 FISH TACO ½ CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	1 VEGETABLE RAMEN NOODLE BOWL ½ CUP BABY BOK CHOY 1 CUP NOODLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ASIAN GLAZED PORK CHOP ½ CUP JASMINE RICE ½ CUP STIR FRY VEGETABLES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK	6 OZ ROASTED HONEY GARLIC CHICKEN 1 CUP BROCCOLI AND CARROTS ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY Nov 29	MONDAY Nov 30	TUESDAY Dec 1	WEDNESDAY Dec 2	THURSDAY Dec 3	FRIDAY Dec 4	SATURDAY Dec 5
2 WHOLE GRAIN WAFFLES 1 SLICE OF CANADIAN BACON BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 APPLE CINNAMON AND RAISIN BREAKFAST MUFFIN 2 TURKEY BREAKFAST SAUSAGE LINKS 4 OZ YOGURT ½ CUP MIXED BERRY FRUIT CUP ½ PT MILK ½ PT OJ	SCRAMBLED CHEESY EGGS 1 HASH BROWN FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	3 PANCAKES WITH BANANAS AND BLUEBERRIES 2 VEGGIE BREAKFAST SAUSAGE JELLY/BUTTER 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 EGG, CHORIZO AND PEPPER JACK CHEESE ON A KAISER ROLL ½ CUP FRUIT SALAD 4 OZ YOGURT ½ PT MILK ½ PT OJ	5 FRENCH TOAST STICKS WITH MIXED FRUIT COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	SCRAMBLED OMELET EGGS OMELET WITH OR W/O CHEESE 1 HASH BROWN PATTY FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ
6 OZ CHEESE TORTELLINI IN A BASAL TOMATO SAUCE ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 FRENCH BREAD PIZZA 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	6 OZ ITALIAN WEDDING SOUP 4 CHICKEN TENDERS 1 CUP ROASTED POTATO WEDGES ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ SLOPPY JOE RICE BOWL ½ CUP RICE ½ OF GARLIC BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ MINESTRONE SOUP 6 OZ FALL TURKEY SALAD ON A WRAP ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ HAWAIIAN SALMON POKE BOWL ½ CUP RICE 1 CUP ASIAN STYLE CUCUMBER SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK	1 CHICKEN PARMESAN ON A WEDGE 1 CUP CAESAR SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK
6 OZ TURKEY CHILI ½ CUP MEXICAN RICE ½ CUP PEPPER AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ BEEF MEATLOAF ½ CUP MASHED POTATO ½ CUP ROASTED VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ PULLED PORK BURRITO ½ CUP RICE ½ CUP BLACK BEANS ½ CUPS PEPPERS AND ONION 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	8OZ VEGETABLE DUMPLINGS OR CHICKEN DUMPLINGS ½ CUP STICKY RICE ½ CUP PICKLED CUCUMBER AND RED CABBAGE SALAD 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 SAUSAGE AND PEPPER PIZZA 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	6OZ GROUND TURKEY PASTA BOWL ½ CUP PASTA ½ CUP VEGETABLE MEDLEY 1 CUP OF GREEN SALAD FRESH FRUIT ½ PT MILK	1 FISH AND CHIPS ½ CUP BROCCOLI ½ POTATO WEDGES FRESH FRUIT 1 CUP OF SALAD ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 6	MONDAY DEC 7	TUESDAY DEC 8	WEDNESDAY DEC 9	THURSDAY DEC 10	FRIDAY DEC 11	SATURDAY DEC 12
1 WHOLE WHEAT BAGELS WITH LOW FAT CREAM CHEESE 2 VEGGIE SAUSAGE PATTIES FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	4 WHOLE GRAIN FRENCH TOAST STICKS WITH MIXED BERRIES COMPOTE FRESH FRUIT 2 SAUSAGE LINKS PURE MAPLE SYRUP 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 EGG ,CHEESE ON A WHOLE WHEAT HONEY BISCUIT ½ CUP FRESH BERRIES 4 OZ YOGURT ½ PT MILK ½ PT OJ	1CUP FRESH BERRY AND GRANOLA BREAKFAST GREEK YOGURT PARFAIT 4 OZ OF YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 HOMEMADE PEACH AND OAT CRISP MUFFIN 2 VEGGIE SAUSAGE FRESH FRUIT ½ PT MILK ½ PT. OJ 4 OZ YOGURT	1 SCRAMBLED CHEESY EGGS OVER WHOLE WHEAT TOAST 2 OZ AVOCADO 4 OZ. YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	2 WHOLE GRAIN WAFFLES 1 CANADIAN BACON PURE MAPLE SYRUP BUTTER 4 OZ YOGURT FRESH BERRIES ½ PT MILK ½ PT OJ
PENNE PASTA WITH CREAMY TOMATO SAUCE 1 CUP OF SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ BUFFALO CHICKEN MAC & CHEESE ½ CUP BROCCOLI 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	6 OZ VEGETABLE TORTILLA SOUP 1 CHEESE QUESADILLA ½ CUP CORN SALAD FRESH FRUIT 1 CUP SALAD ½ PT MILK	1 BREADED RANCH CHICKEN SANDWICH ON A ROLL 1CUP SIDE SALAD FRESH FRUIT ½ PT MILK	6 OZ TOMATO AND BASIL SOUP GRILLED CHEESE SANDWICH ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FISH SANDWICH ½ CUP COLE SLAW 1 CUP OF SALAD FRESH FRUIT ½ PT. CHOCOLATE MILK ½ PT MILK	6 OZ PENNE PASTA WITH CREAMY TOMATO ½ CUP GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
4 CHICKEN TENDERS 1 CUP ROASTED SWEET POTATO ½ CUP GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ LEMON AND GARLIC BAKED COD ½ CUP BAKED POTATO ½ CUP ASPARAGUS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ORANGE CHICKEN AND VEGETABLE RICE BOWL ½ CUP BROCCOLI 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	1 PASTA BAR WITH A CHOICE IF TWO SAUCES 1 CUP GARLIC GREEN BEAN 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	2 STEAK TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6OZ. TURKEY POT PIE ½ CUP SAUTÉED GARLIC AND HERB GREEN BEANS 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	2 CHICKEN TACO 1 CUP STREET CORN RELISH SALAD 2 OZ GUACAMOLE 1 CUP OF SALAD FRESH FRUIT ½ PT. 1% LOW-FAT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL

SCHOOL MENU – FALL 2026

ALL BREADS MUST BE WHOLE GRAIN

SUNDAY DEC 13	MONDAY DEC 14	TUESDAY DEC 15	WEDNESDAY DEC 16	THURSDAY DEC 17	FRIDAY DEC 18	SATURDAY DEC 19
1 CUP WHOLE GRAIN CEREAL YOUR CHOICE 2 TURKEY LINKS 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ	1 WHOLE GRAIN BAGEL WITH CREAM CHEESE 2 VEGGIE BREAKFAST PATTIES JELLY/BUTTER OR LOW FAT CREAM CHEESE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	1 SOUTHWEST BREAKFAST BOWL ½ CUP SCRAMBLED EGGS ½ CUP POTATOES 2 OZ TURKEY SAUSAGE 2 OZ SALSA 2 OZ AVOCADO FRESH FRUIT 4 OZ YOGURT ½ PINT MILK	2 WHOLE WHEAT WAFFLES WITH SEASONAL FRUIT COMPOTE 2 SAUSAGE LINKS BUTTER MAPLE SYRUP FRESH FRUIT 4 OZ YOGURT ½ PT. MILK ½ PT OJ	1 HOT CREAM OF WHEAT WITH MIXED BERRIES COMPOTE 4 OZ YOGURT FRESH FRUIT ½ PT. MILK ½ PT. OJ	6 OZ QUICHE LORRAINE FRESH FRUIT 4 OZ YOGURT ½ PT MILK ½ PT OJ	1 EGG ,TURKEY PATTY AND CHEESE ON A WHOLE WHEAT HONEY BISCUIT 4 OZ YOGURT FRESH FRUIT ½ PT MILK ½ PT OJ
1 FISH FILET SANDWICH ½ CUP BROCCOLI ½ CUP SWEET POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	6 OZ MINESTRONE SOUP 2 PIZZA STIX WITH MARINARA SAUCE 1 CUP FALL SALAD FRESH FRUIT ½ PT MILK	1 BBQ CHICKEN SANDWICH ½ CUP COLE SLAW 1 CUP TOSSED SALAD FRESH FRUIT ½ PT MILK	2 BEEF TACOS ½ CUP CORN PICO DE GALLO 2 OZ GUACAMOLE 1 OZ SOUR CREAM 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ FRENCH ONION SOUP 6OZ CHICKEN TENDERS 1 CUP ROASTED SWEET POTATO 1 CUP CAESAR SALAD FRESH FRUIT ½ PT MILK	1 FISH SANDWICH WITH TARTAR SAUCE ½ CUP LEMON AND GARLIC BROCCOLI FRESH FRUIT ½ PT. CHOCOLATE MILK	6 OZ CHICKEN FRANCESE ½ CUP RICE PILAF ½ CUP ROASTED GREEN BEANS 1 CUP SALAD FRESH FRUIT ½ PT. MILK
5 RAVIOLI W/ TOMATO SAUCE 1 WHOLE GRAIN GARLIC BREAD ½ CUP VEGETABLE MEDLEY 1 CUP OF SALAD FRESH FRUIT ½ PT MILK	6 OZ ROASTED CHICKEN QUARTER WITH GRAVY 1 MASHED POTATO 1 CUP PEAS AND CARROTS FRESH FRUIT ½ PT MILK	6 OZ. MEXICAN PULLED PORK RICE BOWL ½ CUP BLACK BEAN AND RICE ½ CUP SALSA 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	5 OZ. FISH AND CHIP TARTAR SAUCE ½ CUP SLAW ½ CUP POTATO WEDGES 1 CUP OF SALAD FRESH FRUIT ½ PT. MILK	8 OZ SWEET TERIYAKI BEEF RICE BOWL ½ CUP RICE ½ CUP CUCUMBER & TOMATO SALAD 1 CUP TOSSED SALAD FRESH FRUIT ½ PINT MILK	6 OZ. CAJUN CHICKEN WITH A CREAMY TOMATO SAUCE AND PENNE PASTA 1 CUP OF PENNE PASTA ½ CUP PEAS 1 CUP SALAD FRESH FRUIT ½ PT MILK	6 OZ. SAUSAGE AND PEPPERS ON A WEDGE ½ CUP PEPPERS AND ONIONS 1 CUP OF SALAD FRESH FRUIT ½ PT MILK

ALL VEGETABLE PORTIONS SHALL BE 1 CUP SERVING SIZE, SALAD SHALL BE ADDITIONAL CUP

1. LOW FAT DAIRY PRODUCTS (MILK, CHEESE, YOGURT, SOUR CREAM)	5. LOW FAT LOW SUGAR SNACKS 2 PER DAY
2. CRUDITÉ AVAILABLE AT ALL MEALS WITH HUMMUS	6. LOW SUGAR WHOLE GRAIN CEREAL
3. CHEESE, TURKEY, SBJ OR PBJ SANDWICHES AVAILABLE AS ALTERNATE LUNCH	7. ALTERNATE MEAL ALWAYS AVAILABLE PASTA WITH TOMATO SAUCE AT DINNER
4. CEREALS OR HARDBOILED EGG ALWAYS AVAILABLE AS BREAKFAST ALTERNATE	8. SALAD AND LOW-FAT SALAD DRESSINGS SERVED AT EVERY MEAL