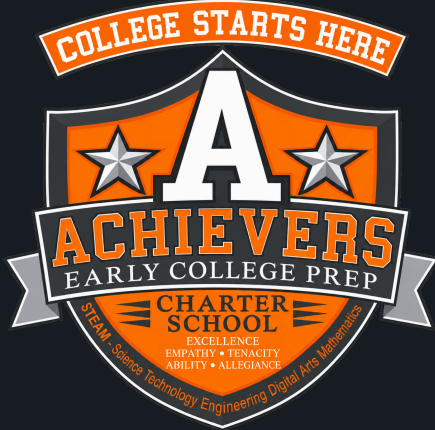




OCTOBER 2026

MIDDLE SCHOOL

LEARN • LEAD • ACHIEVE

BREAKFAST • LUNCH • MENU

GOOD FOOD • BIG IDEAS • BRIGHT FUTURES



GOOD FOOD
STRONG MINDS
BRIGHTER FUTURES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER • 2026

FUEL YOUR FUTURE!

GOOD FOOD. GREAT STUDENTS. BRIGHTER TOMORROWS.

#ACHIEVERSFUELSUCCESS



5



Breakfast: Whole grain Fruit Loops; graham crackers; fresh Macintosh apple.
Lunch: Whole grain chicken nuggets; broccoli; 100% fruit punch; whole wheat bread; honey mustard.

6



Breakfast: Whole grain strawberry Pop-Tart; 100% apple juice.
Lunch: Homemade baked ziti; meatballs with marinara; sliced carrots; fresh orange.

7



Breakfast: Whole grain Rice Krispies; graham crackers; Granny Smith green apple.
Lunch: Chicken potstickers; corn and black bean mix; applesauce; whole wheat mountain roll.

8



Breakfast: Eggo mini blueberry pancakes; 100% grape juice.
Lunch: Whole grain French toast sticks; turkey sausage links; baked potato tots; fresh banana; maple syrup.

9



Breakfast: Whole grain corn muffin; fresh Macintosh apple.
Lunch: Whole wheat French bread pizza; cauliflower; 100% orange juice.

12

NO SCHOOL

Indigenous Peoples' Day

★ ENJOY THE DAY! ★

13



Breakfast: Oatmeal raisin breakfast bar; 100% orange juice.
Lunch: Stuffed cheese sticks; marinara sauce; whole baby carrots; fresh apple slices.

14



Breakfast: Whole grain Cinnamon Toast Crunch; graham crackers; Granny Smith green apple.
Lunch: Whole grain macaroni and cheese; broccoli; strawberry applesauce; whole wheat bread.

15



Breakfast: Cinnamon Bagelers; 100% fruit punch.
Lunch: Lean beef nachos with cheese; taco meat; corn and red bean mix; baked Tostitos Scoops; shredded cheddar; fresh banana.

16



Breakfast: Whole grain banana muffin; fresh Macintosh apple.
Lunch: Whole wheat French bread pizza; green bean and wax bean blend; 100% apple juice.

19



Breakfast: Whole grain Frosted Flakes; graham crackers; fresh Macintosh apple.
Lunch: Hamburger on a whole wheat bun; sliced carrots; 100% fruit punch; ketchup.

20



Breakfast: Whole grain strawberry Pop-Tart; 100% apple juice.
Lunch: Bean and cheese burrito; black beans; fresh orange.

21



Breakfast: Multi-grain Cheerios; graham crackers; Granny Smith green apple.
Lunch: Baked rosemary chicken; mashed potatoes; cornbread stuffing; cinnamon applesauce.

22



Breakfast: Yogurt cup; graham crackers; 100% grape juice.
Lunch: Baked chicken sticks; spinach; fresh banana; whole wheat bread.

23



Breakfast: Whole grain blueberry muffin; fresh Macintosh apple.
Lunch: Whole wheat French bread pizza; cauliflower; 100% orange juice.

26

NO SCHOOL

Teachers In-Service Day

★ ENJOY THE DAY! ★

27



Breakfast: Cinnamon Chex cereal; graham crackers; Granny Smith green apple; 100% apple juice.
Lunch: Pizza crunchers; black beans; fresh apple slices.

28



Breakfast: Strawberry Bagelers; 100% grape juice.
Lunch: Whole grain macaroni with beef; sliced carrots; applesauce.

29



Breakfast: Strawberry Bagelers; 100% grape juice.
Lunch: Popcorn chicken; whole grain waffle; broccoli; fresh banana; maple syrup.

30



Breakfast: Whole grain corn muffin; fresh Macintosh apple.
Lunch: Whole wheat French bread pizza; green bean and wax bean blend; 100% apple juice.



#AchieversFuelSuccess

GOOD FOOD. GREAT STUDENTS. BRIGHTER TOMORROWS.

This institution is an equal opportunity provider.
Milk served daily: 1% white and fat-free chocolate or skim.

EAT
WELL

STAY
FOCUSED

ACHIEVE
MORE

PANTHER PRIDE
EVERY DAY