

2025

OCTOBER

Pre-K through 8th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VEGETARIAN Alternatives: MONDAYS- Meatless Nuggets TUESDAYS- Black Bean Burger WEDNESDAYS- Meatless Chicken Patty		1 PIZZA DAY! Turkey Pepperoni or Cheese Pizza Kale Caesar Salad Roasted Chickpeas Fruit & Vegetable Bar Milk	2 No School	3 No School
6 Breakfast for Lunch Chicken Sausage, Egg & Cheese Hashbrown Fruit & Vegetable Bar Milk	7 Turkish Chicken w/ Flatbread Cucumber Sauce Carrot Sticks Fruit & Vegetable Bar Milk	8 All Beef Hotdog Oven Fries VT Roasted Cauliflower Fruit & Vegetable Bar Milk	9 VT Beef Tacos Black Beans Roasted Corn Guacamole Fruit & Vegetable Bar Milk	10 Chicken & Waffles VT Maple Syrup VT Delicata Squash Fruit & Vegetable Bar Milk
13 Cheesy Lasagna Roll Corn & Peas Fruit & Vegetable Bar Milk	14 Cabot Grilled Cheese Tomato Soup Carrots, Celery & Ranch Fruit & Vegetable Bar Milk	15 Cod Fish Sticks Tartar Sauce VT Curried Cauliflower Roll Fruit & Vegetable Bar Milk	16 Orange Chicken VT Garlic Roasted Broccoli Rice Fruit & Vegetable Bar Milk	17 Spaghetti w/ VT Meat Sauce Roasted Green Beans Garlic Bread Fruit & Vegetable Bar Milk
20 Chicken Tenders Seasoned Rice VT Roasted Broccoli Fruit & Vegetable Bar Milk	21 Chicken or Cheese Quesadillas Roasted Corn Black Beans Fruit & Vegetable Bar Milk	22 Turkey Meatball Sub Sweet Potato Waffle Fries Cucumber Coins Fruit & Vegetable Bar Milk	23 No School	24 PIZZA DAY! Buffalo Chicken or Cheese Pizza VT Kale Caesar Salad Roasted Chickpeas Fruit & Vegetable Bar Milk
27 Cheesy Bread Sticks w/ Marinara Caesar Roasted Chickpeas Fruit & Vegetable Bar Milk	28 Burger Day Plain or w/ Cheese Roasted Potato Fries Spinach & Apple Salad Fruit & Vegetable Bar Milk	29 VT Beef Nachos Black Beans Cheese Sauce Mango & Pineapple w/ Tajin Fruit & Vegetable Bar Milk	30 Turkey, Cheese & Lettuce Croissant Chips Vegetables & Ranch Fruit & Vegetable Bar Milk	31 Baked Ziti VT Roasted Broccoli Roll Fruit & Vegetable Bar

