

## October 2025

Lunch

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** 3 Italian Chicken Parm General Tso's Chicken Macaroni and Cheese Sandwich Vegetable Fried Brown Rice **Beef Crumbles** Savory Green Beans Broccoli Hawaiian Roll Classic Cheese Pizza Spicy Chicken Sandwich **BBQ Baked Beans** Fresh Caesar Salad French Fries Classic Cheese Pizza Buffalo Ranch Chicken Wrap Strawberry Parfait with Fresh Caesar Salad Southwest Chicken Salad with Fresh Banana Granola Fruit Punch Fresh Red Delicious Apple Cheese Lettuce & Tomato Side Salad Apple Juice Croutons Fresh Cauliflower Florets Lettuce & Tomato Side Salad Fresh Orange Wedges Spicy Roasted Garbanzo Beans • Fresh Broccoli Florets Fruit Punch Fresh Carrots Lettuce & Tomato Side Salad Chocolate Low Fat Milk 1% Low-fat Milk Chocolate Low Fat Milk Corn & Pepper Salad • 1% Low-fat Milk Fresh Cauliflower Florets Chocolate Low Fat Milk 1% Low-fat Milk 10 **Boneless Chicken Wings** Fajita Marinated Chicken **BBQ** Chicken Sandwich Orange Chicken Boneless Chicken Wings with . **Beef Taco Meat BBQ Baked Beans** Vegetable Fried Brown Rice Honey BBQ Sauce Seasoned Black Beans Classic Cheese Pizza Peas and Carrots Hawaiian Roll Tortilla Chips Fresh Caesar Salad Spicy Chicken Sandwich French Fries Soft Flour Tortilla Apple Cinnamon Parfait with French Fries Hummus & Veggie Bento Box Hamburger Pizza Cilantro Lime Brown Rice Granola Fresh Caesar Salad Seasoned Refried Beans Fresh Orange Wedges Fresh Banana Hummus & Veggie Bento Box • Queso Blanco Cheese Sauce Fruit Punch Apple Juice Lettuce & Tomato Side Salad Spinach & Romaine Salad Fresh Orange Wedges Creamy Cheddar Cheese Sauce • Spicy Chicken Sandwich **Baharat Spiced Chickpeas** Fresh Carrots Fruit Punch **Sliced Cucumbers** Lettuce & Tomato Side Salad French Fries Corn & Pepper Salad Baby Carrots & Celery Sticks Turkey Ham & Cheese Wrap Chocolate Low Fat Milk Chocolate Low Fat Milk Fresh Red Delicious Apple Fresh Broccoli Florets 1% Low-fat Milk • 1% Low-fat Milk Chocolate Low Fat Milk Apple Juice Spinach & Romaine Salad 1% Low-fat Milk Fresh Green Peppers Strips Sliced Cucumbers Chocolate Low Fat Milk 1% Low-fat Milk



**Buttermilk Pancakes** 

Turkey Sausage Patty

Tater Tots

Classic Pepperoni Pizza

Fresh Caesar Salad

Santa Fe Turkey and Cheddar .

Fresh Red Delicious Apple

Fruit Punch

Lettuce & Tomato Side Salad

Fresh Broccoli Florets Corn & Black Bean Salad

Chocolate Low Fat Milk

1% Low-fat Milk

14 Faiita Marinated Chicken

**Beef Taco Meat** 

Seasoned Black Beans

Tortilla Chips Soft Flour Tortilla

Cilantro Lime Brown Rice

Seasoned Refried Beans

Queso Blanco Cheese Sauce Creamy Cheddar Cheese Sauce •

Classic Chicken Sandwich

French Fries

**Berry Parfait** 

Fresh Orange Wedges

Apple Juice

Spinach & Romaine Salad

Fresh Cherry Tomatoes

Carrot & Celery Sticks Chocolate Low Fat Milk

1% Low-fat Milk

15

Chili Dog

Classic Cheese Pizza

Fresh Caesar Salad

Santa Fe Turkey and Cheddar Wrap

Fresh Pear

Fruit Punch Lettuce & Tomato Side Salad

Corn & Black Bean Salad

**Buttermilk Coleslaw** 

Chocolate Low Fat Milk

1% Low-fat Milk

16

General Tso's Chicken

Vegetable Fried Brown Rice

Broccoli

Spicy Chicken Sandwich

French Fries

**Berry Parfait** 

Fresh Orange Wedges

Apple Juice

Spinach & Romaine Salad

Fresh Cherry Tomatoes

Carrot & Celery Sticks

Chocolate Low Fat Milk

1% Low-fat Milk

20

**Boneless Chicken Wings** 

Boneless Chicken Wings with • Honey BBQ Sauce

Hawaiian Roll

Roasted Broccoli

Classic Cheese Pizza

Fresh Caesar Salad

Turkey, Cheese, Flatbread & **Cucumber Bento Box** 

Fresh Granny Smith Apple

Fruit Punch

Lettuce & Tomato Side Salad

Fresh Broccoli Florets

Fresh Cherry Tomatoes

Chocolate Low Fat Milk • 1% Low-fat Milk

21

Italian Meatball Sub

Garlic Herb Flatbread

Italian Vegetables

Fajita Marinated Chicken

**Beef Taco Meat** 

Seasoned Black Beans

Tortilla Chips

Soft Flour Tortilla

Cilantro Lime Brown Rice

Seasoned Refried Beans

Queso Blanco Cheese Sauce

Creamy Cheddar Cheese Sauce •

Classic Chicken Sandwich

French Fries

Turkey Ham & Cheese Wrap

Chilled Peaches

Apple Juice

Lettuce & Tomato Side Salad

Sliced Zucchini

Corn & Black Bean Salad

Chocolate Low Fat Milk

1% Low-fat Milk

22

**BBQ Beef Sandwich** 

**Baked Beans** 

Hamburger Pizza

Fresh Caesar Salad

Strawberry Smoothie

Cinnamon Granola

Fresh Banana Fruit Punch

Lettuce & Tomato Side Salad

Baharat Spiced Chickpeas

Fresh Cherry Tomatoes

Chocolate Low Fat Milk 1% Low-fat Milk

23

Sweet & Sour Chicken

Vegetable Fried Brown Rice

Peas and Carrots

Spicy Chicken Sandwich

French Fries

Turkey, Cheese, Flatbread &

**Cucumber Bento Box** 

Fresh Granny Smith Apple

Apple Juice

Lettuce & Tomato Side Salad

Sliced Zucchini

Corn & Black Bean Salad Chocolate Low Fat Milk

1% Low-fat Milk

24

17

**BBQ** Chicken

Hawaiian Roll

Macaroni and Cheese

Seasoned Corn

Classic Cheese Pizza

Fresh Caesar Salad

Monterey Chicken Salad Croutons

Fresh Banana

Fruit Punch

Lettuce & Tomato Side Salad

Fresh Cherry Tomatoes

Corn & Pepper Salad

Chocolate Low Fat Milk 1% Low-fat Milk

27

Whole Grain Waffles Jumbo Crispy Chicken Tenders •

Syrup

Tater Tots Classic Cheese Pizza

Fresh Caesar Salad **Buffalo Ranch Chicken Wrap** 

Fresh Red Delicious Apple

Fruit Punch Lettuce & Tomato Side Salad

Fresh Broccoli Florets

Fresh Cauliflower Florets Chocolate Low Fat Milk • 1% Low-fat Milk

28

Fajita Marinated Chicken

Beef Taco Meat Seasoned Black Beans

Tortilla Chips

Soft Flour Tortilla Cilantro Lime Brown Rice

Seasoned Refried Beans

Queso Blanco Cheese Sauce

Creamy Cheddar Cheese Sauce • Classic Cheeseburger in Bun

French Fries Strawberry Parfait with

Granola

Fresh Orange Wedges

Apple Juice

Chocolate Low Fat Milk 1% Low-fat Milk

Lettuce & Tomato Side Salad

Corn & Pepper Salad Fresh Carrots

29

Italian Chicken Parm Sandwich

Savory Green Beans

Classic Cheese Pizza

Fresh Caesar Salad Buffalo Ranch Chicken Wrap

Fresh Banana

Fruit Punch Lettuce & Tomato Side Salad

Fresh Cauliflower Florets

Spicy Roasted Garbanzo Beans •

Chocolate Low Fat Milk 1% Low-fat Milk

If you have a food allergy or intolerance, please notify us. Ask your cafeteria manager if changes were made to today's menu so we can help keep you safe!

30

General Tso's Chicken

Vegetable Fried Brown Rice Broccoli

Spicy Chicken Sandwich

French Fries

Strawberry Parfait with Granola

Fresh Red Delicious Apple

Apple Juice Lettuce & Tomato Side Salad

Chocolate Low Fat Milk

Fresh Broccoli Florets Fresh Carrots

• 1% Low-fat Milk

31

Macaroni and Cheese

**Beef Crumbles** 

Hawaiian Roll **BBQ** Baked Beans

Classic Cheese Pizza Fresh Caesar Salad

Southwest Chicken Salad with Cheese

Croutons Sunbelievable Frozen

SideKicks

Fruit Punch Lettuce & Tomato Side Salad

Corn & Pepper Salad Fresh Cauliflower Florets Chocolate Low Fat Milk

1% Low-fat Milk

Adult Meal Prices Adult Breakfast: \$2.84, Adult Lunch: \$5.29, White Milk: \$0.60, Chocolate Milk: \$0.65

🐃 10/1 Vegetarian Day 🦰 10/7 Taco Day 🥶 10/8 Apple Crunch Day 륋 10/31 Happy Halloween 🏶 10/13-10/17 NSLW

Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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