



October 2025

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

- 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

2

- 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
- Fresh Broccoli Florets
- Fresh Carrots
- Chocolate Low Fat Milk
- 1% Low-fat Milk

3

- Macaroni and Cheese
- Beef Crumbles
- Hawaiian Roll
- BBQ Baked Beans
- Classic Cheese Pizza
- Fresh Caesar Salad
- Southwest Chicken Salad with Cheese
- Croutons
- Fresh Orange Wedges
- Fruit Punch
- Lettuce & Tomato Side Salad
- Corn & Pepper Salad
- Fresh Cauliflower Florets
- Chocolate Low Fat Milk
- 1% Low-fat Milk

6

- Boneless Chicken Wings
- Boneless Chicken Wings with Honey BBQ Sauce
- Hawaiian Roll
- French Fries
- Hamburger Pizza
- Fresh Caesar Salad
- Hummus & Veggie Bento Box
- Fresh Orange Wedges
- Fruit Punch
- Lettuce & Tomato Side Salad
- Baby Carrots & Celery Sticks
- Fresh Broccoli Florets
- Chocolate Low Fat Milk
- 1% Low-fat Milk

7

- 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
- Spicy Chicken Sandwich
- French Fries
- Turkey Ham & Cheese Wrap
- Fresh Red Delicious Apple
- Apple Juice
- Spinach & Romaine Salad
- Fresh Green Peppers Strips
- Sliced Cucumbers
- Chocolate Low Fat Milk
- 1% Low-fat Milk

8

- BBQ Chicken Sandwich
- BBQ Baked Beans
- Classic Cheese Pizza
- Fresh Caesar Salad
- Apple Cinnamon Parfait with Granola
- Fresh Orange Wedges
- Fruit Punch
- Lettuce & Tomato Side Salad
- Baharat Spiced Chickpeas
- Corn & Pepper Salad
- Chocolate Low Fat Milk
- 1% Low-fat Milk

9

- Orange Chicken
- Vegetable Fried Brown Rice
- Peas and Carrots
- Spicy Chicken Sandwich
- French Fries
- Hummus & Veggie Bento Box
- Fresh Banana
- Apple Juice
- Spinach & Romaine Salad
- Fresh Carrots
- Sliced Cucumbers
- Chocolate Low Fat Milk
- 1% Low-fat Milk

10



13

- Buttermilk Pancakes
- Turkey Sausage Patty
- Tater Tots
- Classic Pepperoni Pizza
- Fresh Caesar Salad
- **Santa Fe Turkey and Cheddar Wrap**
- 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

- **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
- **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

17

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

- **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
- Lettuce & Tomato Side Salad
- Corn & Pepper Salad
- Fresh Carrots
- Chocolate Low Fat Milk
- 1% Low-fat Milk

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

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
- Fresh Broccoli Florets
- Fresh Carrots
- Chocolate Low Fat Milk
- 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

🥗 10/1 Vegetarian Day 🍌 10/7 Taco Day 🍏 10/8 Apple Crunch Day 🎃 10/31 Happy Halloween 🎃 10/13-10/17 NSLW

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!

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

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.