

BREAKFAST

OCTOBER 2025

MON	TUE	WED	THU	FRI
		1 Frosted Corn Flakes WG Chocolate Graham Crackers Grab & Go 100% Grape Juice Diced Peaches Milk	2 School Closed	3 Apple Cinnamon Cheerios Grab & Go WG Honey Graham Crackers 100% Very Berry Juice Fresh Pear Milk
6 Cinnamon Crisp Bar Grab & Go Raisins 100% Grape Juice Milk	7 Strawberry Banana Yogurt WG Chocolate Graham Crackers Grab & Go Fresh Apple, Pineapple Tibits Milk	8 WG Cinnamon Raisin Bagel w/ Butter Grab & Go Diced Peaches 100% Grape Juice Milk	9 WG Honey Cheerios WG Honey Graham Crackers Grab & Go 100% Orange Tangerine Juice Fresh Apple, Milk	10 WG Chocolate Chip Muffin Grab & Go Fresh Pear 100% Very Berry Juice Milk
13 School Closed For Students	14 Strawberry Banana Yogurt & WG Chocolate Graham Crackers Grab & Go Fresh Apple, Pineapple Tibits Milk	15 Trix Cereal, WG Chocolate Graham Crackers Grab & Go Diced Peaches 100% Grape Juice & Milk	16 WG Plain Bagel w/ Cream Cheese Grab & Go Applesauce 100% Orange Tangerine Juice & Milk	17 Cocoa Cherry Bar Grab & Go Fresh Pear 100% Very Berry Juice Milk
20 Cinnamon Crisp Bar Grab & Go Raisins 100% Grape Juice Milk	21 Strawberry Banana Yogurt Grab & Go WG Chocolate Graham Crackers Fresh Apple, Pineapple Tibits Milk	22 WG Cinnamon Raisins Bagel W/ Butter Grab & Go 100% Grape Juice Milk	23 Reduced Sugar Cocoa Puffs Grab & Go W/ Chocolate Graham Crackers 100% Orange Tangerine Juice & Milk	24 WG Blueberry Muffin Grab & Go Fresh Orange 100% Very Berry Juice Milk
27 WG Banana Muffin Grab & Go Raisins Applesauce Milk	28 Strawberry Banana Yogurt & WG Chocolate Graham Crackers Grab & Go Fresh Apple, Pineapple Tibits Milk	29 Frosted Corn Flakes WG Chocolate Graham Crackers Grab & Go 100% Grape Juice Diced Peaches Milk	30 Bagel w/ Cream Cheese Grab & Go Applesauce 100% Orange Tangerine Juice Milk	31 Apple Cinnamon Cheerios Grab & Go WG Honey Graham Crackers 100% Very Berry Juice Fresh Pear & Milk Early Dismissal

taste the world:
your school lunch passport!

National School Lunch Week | October 13-17, 2025

**DID YOU
KNOW...**



Corn tortillas, the foundation of enchiladas, were a vital part of the Mesoamerican diet. Historical records reveal that the Aztecs enjoyed tortillas wrapped around small fish, much like the enchiladas we savor today.

Celebrate NSLW

On Wednesday, the 15th Try our newest addition to the menu—
Beef Enchilada

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

If you have a food allergy please speak to your school nurse.

Menu is subject to change.


WHITSONS®
Culinary Group

LUNCH

OCTOBER 2025

MON

TUE

WED

THU

FRI

October 1st is Vegetarian Day- Try a Veggie Power Meal – Taste a rainbow of flavor!

1 Macaroni & Cheese and Steamed Broccoli- V

Fresh Apple, Milk

2 School Closed

3 Cheese Pizza
Fresh Garden Side Salad
Italian Dressing
Craisins,
Milk

6 Meatballs w/ Tomato Sauce Spaghetti Broccoli OR Pasta w/ Tomato Sauce & Cheese Broccoli
Fresh Orange
Milk

7 Breaded Chicken Tenders &
Roasted Potatoes
Fresh Pear
Milk

8 Turkey Hot Dog on WW Bun
Baked Beans
OR
Spanish Rice w/ Cheese & Beans
Fresh Apple
Milk

9 Cheese Lasagna W/ Tomato Sauce & Steamed Green Beans
Fresh Banana
Milk

10 Cheese Pizza
Fresh Baby Carrots Ranch Dressing
Craisins
Milk

13 School Closed For Students

14 Chicken Nuggets & Baked Beans
Fresh Pear
Milk

15 Beef Enchilada
Fresh Garden Side Salad, Ranch Dressing
Fresh Apple,
Milk

16 Butter Chicken w/ Brown Rice & Peas OR Veggie Burger on WW Bun
Roasted Potatoes
Fresh Banana
Milk

17 Cheese Pizza
Fresh Baby Carrots Ranch Dressing
Craisins
Milk

20 Turkey Hot Dog on WW Bun
Baked Beans
OR
Spanish Rice w/ Cheese & Beans
Fresh Orange
Milk

21 Macaroni & Cheese and Steamed Broccoli
Fresh Pear
Milk

22 French Toast w/ Scrambled Eggs
Roasted Sweet Potatoes OR
Cheeseburger on WW Bun
Roasted Sweet Potatoes
Fresh Apple
Milk

23 Salisbury Steak w/ Gravy & Roasted Potatoes, WG Bun OR Bean & Cheese Burrito
Street Corn
Fresh Banana
Milk

24 Cheese Pizza
Fresh Baby Carrots Ranch Dressing
Applesauce
Milk

27 Meatloaf w/ Gravy & Mashed Potatoes
WG Dinner Roll
OR
Cheese Quesadilla
Street Corn
Fresh Orange
Milk

28 Breaded Chicken Patty on WW Bun, Baked Beans
BBQ Sauce
OR
Spanish Rice w/ Cheese & Beans
Fresh Pear
Milk

29 Macaroni & Cheese and Steamed Broccoli
Fresh Baby Carrots
Ranch Dressing
Fresh Apple, Milk

30 Stuffed Bread Sticks
Marinara Sauce
100% Sun Splash
Vegetable Juice
Fresh Banana
Milk

31 Cheese Pizza
Fresh Garden Side Salad
Italian Dressing
Craisins & Milk
Early Dismissal

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The word “enchilada” is Spanish, meaning “to season with chili”.

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Vegetarian Meal Options are indicated with a “V”

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