

OCTOBER 2026 SCES MENU

Breakfast is offered vs serve children must pick 3 of 4 items offered and one must be ½ cup fruit or juice. Lunch is also offer vs serve children must pick 3 out 5 items offered one must be ½ cup of fruit or veggies Menu is Subject to Change Breakfast and Lunch is FREE to EVERY STUDENT Breakfast Starts at 7:30 a.m.	Breakfast is offered vs serve children must pick 3 of 4 items offered and one must be ½ cup fruit or juice. Lunch is also offer vs serve children must pick 3 out 5 items offered one must be ½ cup of fruit or veggies Menu is Subject to Change	Honey Graham 22 gm, Cinn Toasters 24 gm. Juice- Apple 13 gm, Grape 19 gm, OJ 13 gm, Fruit Punch 14 gm, A Plant Based Option is Available Every Day	1 Thursday WG Cereal, WG Cracker, WG Pancake Bites 37 gm, Syrup 20 gm, Fruit, Juice WG Chicken Patty 16 gm, WG Hamburger Bun 28 gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Oven Fries 23 gm, Peaches 14 gm, Fresh Fruit and Veggies	2 Friday WG Cereal, WG Muffin gm, Fruit, Juice WG Tortilla 21 gm, Chicken Fajita Meat 4 gm, Shredded Cheese 1 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Salsa 8 gm, Mexican Rice 39 gm, Romaine 1.5 gm, Pineapple 17 gm, Churro 28 gm, Fresh Fruit and Veggies
5 Monday WG Cereal, WG Cracker, WG Pigs in a Blanket 30 gm, Syrup 20 gm, Juice, Fruit WG Roll 15 gm, Hamburger Gravy 6 gm over Mashed Potatoes 17 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Carrots 6 gm, Rosy Applesauce 22 gm Fresh Fruit and Veggies	6 Tuesday WG Cereal, WG Cracker, Apple Frudal 38 gm, Fruit, Juice WG Pizza Crunchers 42 gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Corn 16 gm, Marinara Sauce 8 gm, Pears 16 gm, Fresh Fruit and Veggies	7 Wednesday WG Cereal, WG Cracker, WG Waffle 38 gm Syrup 20 gm, Juice, Fruit WG Mini Corn Dogs 30 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Baked Beans 28 gm, Peas 11 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies	8 Thursday WG Cereal, WG Cracker, WG English Muffin 21 gm, Egg Patty 1 gm, Cheese Slice 2 gm, Fruit, Juice WG Maxx Sticks 32 for 2, Goulash gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Green Beans 4 gm, Pears 16 gm, Fresh Fruit and Veggies	9 Friday WG Cereal, WG Cracker, WG Breakfast Pizza 22 gm, Fruit, Juice WG Multi Cheese Garlic Bread 30 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Romaine 1.5 gm, Marinara Sauce 7 gm, Tropical Fruit 22 gm, Rice Krispie Treat 22.23 gm Fresh Fruit and Veggies

12 Monday WG Cereal, WG Cracker, WG French Toast Sticks 28 gm, Syrup 20 gm, Fruit, Juice WG Slider Bun with Turkey & Cheese 30 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Broccoli w Cheese 7 gm, Hash Brown Patties 30 gm, Pears 16 gm, gm Fresh Fresh and Veggies	13 Tuesday WG Cereal, WG Cereal, WG Breakfast Bagel Pizza 31 gm, Fruit, Juice Taco in a Bag (Taco Meat, WG Chips, Shredded Cheese) gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Romaine 1.5 gm, Salsa 8 gm, Pineapple 17 gm, Fresh Fruit and Veggies	14 Wednesday WG Cereal, WG Cracker, WG Donut Holes 42 gm, Fruit, Juice WG Bun 26 gm, Hot Dog 4 gm or Chili Dog 6 gm gm or <u>Yogurt, Cheese Stick, WG Bar</u> Baked Beans 28 gm, Corn 16 gm, Peaches 14 gm, Fresh Fruit and Veggies	15 Thursday WG Cereal, WG Cracker, WG Breakfast Combos 16 gm, Fruit, Juice Chili gm, WG Toasted Cheese 28 gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Carrots gm, Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies	16 Friday WG Biscuit 26 gm Sausage and Gravy 8 gm WG Cracker, WG Cereal, Juice, Fruit WG Stuffed Crust Pizza 35 gm or <u>Yogurt, Cheese Stick, WG Bread</u> Romaine 1.5 gm Mandarin Oranges 17 gm, Ice Cream Cup 16 gm, Fresh Fruit and Veggies
19 Monday WG Cereal, WG Cracker, WG Mini Cinnamon and Sugar Donuts 40 gm, Fruit, Juice WG Bun 28 gm, Bacon, Hamburger 3 gm, Cheese Slice 2 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Oven Potatoes 23 gm, Peaches 14 gm, Fresh Fruit and Veggies	20 Tuesday WG Bagel w/ Cream Cheese 41 gm, WG Cracker, WG Cereal, Fruit, Juice WG Maxx Sticks 32 for 2, Chicken and Noodles gm or <u>WG PB & J, Cheese Stick, WG Chips</u>, Carrots 6 gm, Peas 11 gm, Pears 16 gm, Fresh Fruit and Juice	21 Wednesday WG Cereal, WG Cracker, WG Breakfast Bar 42 gm, Juice, Fruit WG Bun 28 gm, BBQ Rib 3 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Green Beans 4 gm, Rosy Applesauce 22 gm, Sweet Potato Fries 24 gm, Fresh Fruit and Veggies	22 Thursday WG Cereal, WG Cracker, WG Pancake on a Stick 17 gm, Syrup 20 gm, Fruit, Juice WG Chili Crispito 46 gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Mexican Rice 39 gm, Salsa 8 gm, Refried Beans 23 gm, Pineapple 17 gm, Fresh Fruit and Veggies	23 Friday NO SCHOOL

26 Monday WG Cereal, WG Cracker, WG Breakfast Pizza 22 gm, Fruit, Juice WG Bun 28 gm, Tenderloin 14 gm or <u>Yogurt, Cheese Stick, WG Bar</u> Broccoli w/Cheese 7 gm, Pears 16 gm, Baked Beans 28 gm, Fresh Fruit and Veggies	27 Tuesday WG Cereal, WG Cracker, WG Cinnamon Roll gm, Fruit, Juice Biscuit 26 gm, Chicken Ala King gm or <u>WG PB & J, Cheese Stick, WG Chips</u> Peas 11 gm, Carrots 6 gm, Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies	28 Wednesday WG Toast 13 gm, Jelly 9 gm, Scrambled Eggs gm, Sausage 1 gm, WG Cereal, WG Cracker, Fruit, Juice NO LUNCH 11:18 Dismissal	29 Thursday WG Cereal, WG Cracker, WG Bread, Yogurt, Fruit, Juice Pulled Pork gm, WG Tortilla Chips 18 gm, Queso Blanco 6 gm, <u>WG PB & J, Cheese Stick, WG Chips</u> Oven Fries 23 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies	30 Friday WG Cereal, WG Cracker, WG Long John 27 gm, Fruit, Juice WG Roll 15 gm, WG Chicken Nugget gm, <u>or Yogurt, Cheese Stick, WG Bar</u> Corn 14 gm, Tropical Fruit 22 gm, Fresh Fruit and Veggies Sidekick 23 gm
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