

OCTOBER 2026

HIGH SCHOOL & JR HIGH LUNCH

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

NUTRITION BAR OFFERED DAILY WITH ASSORTED FRUITS & VEGETABLES

See any server for details and assistance. Milk varieties include 1% low fat and fat-free choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Chicken Alfredo 1 ea. Lemon Parmesan Broccoli ½ c Nutrition Bar Choice of Fruit ½ c	
Sicilian Lemon Chicken Dinner Roll 1 serving Tater Tots ½ c Nutrition Bar Choice of Fruit ½ c	Beef Birria 1 serving Peas & Carrots ½ c Lime Rice ½ c Nutrition Bar Choice of Fruit ½ c	Korean Chicken Rice Bowl 1 serving Curry Roasted broccoli ½ c Nutrition Bar Choice of Fruit ½ c	Beef Pasta Bake / Breadstick 1 ea. Galic Herb Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	 SPICEOLOGY K-12 by Elior experiments with flavor on the menu with the use of Spiceology Salt-Free blends.
No School	Burrito Supreme 1 serving Corn ½ c Nutrition Bar Choice of Fruit ½ c	Char Siu Pork 1 serving Seasoned Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	Chicken Pesto Pasta Bowl 1 serving Lemon Parmesan Broccoli ½ c Nutrition Bar Choice of Fruit ½ c	
Breakfast For Lunch 1 serving Tater Tots ½ c Nutrition Bar Choice of Fruit ½ c	Taco Salad 1 serving Charro Beans ½ c Nutrition Bar Choice of Fruit ½ c	Teriyaki Chicken Bowl 1 serving Roasted Broccoli ½ c Nutrition Bar Choice of Fruit ½ c	Spaghetti & Meat Sauce / Breadstick 1 serving Galic & Herb Green Beans ½ c Nutrition Bar Choice of Fruit ½ c	
Chicken Gumbo / Rice Nutrition Bar Choice of Fruit ½ c	Grilled Cheese Sandwich / Tomato Soup 1 serving Nutrition Bar Choice of Fruit ½ c	Teriyaki Chicken Bowl 1 serving Orange Glazed Carrots ½ c Nutrition Bar Choice of Fruit ½ c	Chicken Bacon Ranch Sandwich 1 ea. Roasted Brussel Sprouts ½ c Nutrition Bar Choice of Fruit ½ c	 GLOBAL BITES TASTING THE WORLD ONE BITE AT A TIME BeWell Mediterranean Sweet Potato

Daily Alternate Entrée Options

Pizza (Cheese & Pepperoni)

M: Buffalo
 Tu: Pepperoni
 W: Meat Lovers
 Th: Chicken Bacon Ranch

Grab & Go Options:

Yogurt Parfait
 Bento Box
 PB & Jelly Smucker's

Deli Sandwiches:

Turkey Deluxe
 Ham & Cheese Sandwich
 Tuna Salad Sandwich
 Chicken Salad Sandwich
 Hot & Spicy Sandwich

Entrée Salads:

Salad Bar if offered as a meal

Grilled Entrée :

Cheeseburgers
 Chicken Sandwiches
 Corn Dog
 Hot Dogs
 BBQ Sandwiches