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# OCTOBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu : K-8 Grades Allergen Free Lunch Menu
Grade : K-8 Grades

Options : Hot Meals
Meal Pattern : NSLP
Meal : Lunch

**No Dairy**
**No Gluten (No Wheat)**
**No Egg**
**No Soy**
**No Fish**

**No Shell Fish**
**No Sesame (Seeds & Oil)**
**No Peanuts**
**No Tree Nuts**
**No Sunflower (Seeds, Oil & Butter)**

| | Thursday, 10/1/2026 | Friday, 10/2/2026 |
|---|---|---|
| **Week II HOT MEAL** | **Chicken Pilaf**<br>Crisp Broccoli<br>Fruit of the Day<br>Milk Substitute | **Beef & Potatoes**<br>Steamed Rice<br>Steamed Peas<br>Fruit of the Day<br>Milk Substitute |

| | Monday, 10/5/2026 | Tuesday, 10/6/2026 | Wednesday, 10/7/2026 | Thursday, 10/8/2026 | Friday, 10/9/2026 |
|---|---|---|---|---|---|
| **Week III HOT MEAL** | **Chicken Fried Rice**<br>Steamed Broccoli<br>Fruit of the Day<br>Milk Substitute | **Beef & Broccoli**<br>Brown Rice<br>Steamed Corn<br>Fruit of the Day<br>Milk Substitute | **Chicken Fajita w/Rice**<br>Seasoned Chicken & Peppers<br>Served w/ Brown Rice<br>Black Beans<br>Fruit of the Day & Milk Substitute | **Beef Meatballs**<br>Brown Rice<br>Steamed Carrots & Peas<br>Fruit of the Day<br>Corn Chips & Milk Substitute | **Chicken & Potatoes**<br>Steamed Rice<br>Fresh Carrot Slims<br>Fruit of the Day<br>Milk Substitute |

| | Monday, 10/12/2026 | Tuesday, 10/13/2026 | Wednesday, 10/14/2026 | Thursday, 10/15/2026 | Friday, 10/16/2026 |
|---|---|---|---|---|---|
| **Week IV HOT MEALS** | INDIGENOUS PEOPLE'S DAY<br>NO SCHOOL | **Chicken Sukkhar**<br>Steamed Rice<br>Steamed Green Beans<br>Fruit of the Day<br>Milk Substitute | **Beef Fried Rice**<br>Fresh Broccoli<br>Fruit of the Day<br>Milk Substitute | **Spice Rubbed Chicken Fillet**<br>Steamed Rice<br>Baby Carrots<br>Fruit of the Day<br>Milk Substitute | Professional Development Day<br>NO SCHOOL for CHILDREN |

| | Monday, 10/19/2026 | Tuesday, 10/20/2026 | Wednesday, 10/21/2026 | Thursday, 10/22/2026 | Friday, 10/23/2026 |
|---|---|---|---|---|---|
| **Week V HOT MEALS** | **Chicken Supreme**<br>Steamed Rice<br>Steamed Green Beans<br>Fruit of the Day<br>Milk Substitute | **Beef Nachos**<br>Taco Beef & Golden Corn Chips<br>Black Bean & Corn<br>Fruit of the Day<br>Milk Substitute | **Marinated Grilled Chicken Fillet**<br>Brown Rice<br>Fresh Baby Carrots<br>Fruit of the Day<br>Milk Substitute | **Chicken Pilaf**<br>Crisp Broccoli<br>Fruit of the Day<br>Milk Substitute | **Beef & Potatoes**<br>Steamed Rice<br>Steamed Peas<br>Fruit of the Day<br>Milk Substitute |

| | Monday, 10/26/2026 | Tuesday, 10/27/2026 | Wednesday, 10/28/2026 | Thursday, 10/29/2026 | Friday, 10/30/2026 |
|---|---|---|---|---|---|
| **Week VI HOT MEALS** | **Chicken Fried Rice**<br>Steamed Broccoli<br>Fruit of the Day<br>Milk Substitute | **Beef & Broccoli**<br>Brown Rice<br>Steamed Corn<br>Fruit of the Day<br>Milk Substitute | **Chicken Fajita w/Rice**<br>Seasoned Chicken & Peppers<br>Served w/ Brown Rice<br>Black Beans<br>Fruit of the Day & Milk Substitute | Parent/Teacher Conferences<br>NO SCHOOL for CHILDREN | Parent/Teacher Conferences<br>NO SCHOOL for CHILDREN |

Milk / Milk Substitute offered daily. Milk Substitute includes but not limited to Soyfree milk, Lactose Free Milk or Cow's Milk (For Non-Dairy Allergic Participants ) etc.
This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

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