

OCTOBER 2026

SHS



AVAILABLE DAILY

Daily Breakfast
Assorted Cereal
Yogurt w/ Grahams
Fruit & Juice Variety

Daily Lunch
PBJ w/ Cheddar Goldfish
Yogurt w/ Cheesestick & Grain
Assorted Fresh Fruits
Milk Choices
1% Unflavored
FF Chocolate or Strawberry

Daily Deli Offerings
Monday
Turkey Sub, Assorted Salads,
Cheeseburger, Domino's Pizza & Yogurt Parfait
Tuesday
Italian Sub, Assorted Salads, Cheesesteak Sub, Chicken
Tenders & Yogurt Parfait
Wednesday
Ham Sub, Assorted Salads, Crispy & Spicy Chicken
Patty Sandwich, Pizza & Blue Jay Box
Thursday
Italian Sub, Nashville Chicken Nuggets,
Assorted Salads, Bacon Cheeseburger & Yogurt Parfait
Friday
Assorted Subs, Assorted Salads, Beef Hot Dog, Pizza
& Assorted Meal Kits

**Monday
September 28**

Breakfast
Assorted Bread Slice

Lunch
Domino's Smart Slice
Pizza
Or
Rib BBQ Sandwich
Buttery Corn
Baby Carrots
Cool Pears

**Tuesday
September 29**

Breakfast
Breakfast Bun
Lunch
Shrimp Poppers &
Mac & Cheese
w/Cornbread
Or
Chicken Cheesesteak
Sub
Baked Beans
Celery Sticks
Chilled Mixed Fruit

**Wednesday
September 30**

Breakfast
Breakfast Burrito
Lunch
Chicken Drumstick w/
Biscuit
Or
Pulled Pork Sandwich
Oven Fries
Cucumber Cup
Juicy Peaches

**Thursday
October 1**

Breakfast
Donut
Lunch
General Tso's Chicken
w/ Rice
Or
BBQ Teriyaki Chicken
w/ Rice
Seasoned Broccoli
Red & Green Pepper
Veggie Cup
Pineapple Tidbits

**Friday
October 2**

Breakfast
Toasted Pastry
Lunch
Chicken Bacon Ranch
Pasta w/ Breadstick
OR
Grilled Cheese
Sandwich
Seasoned Green
Beans
Baby Carrots
Fresh Apple Slices
Tomato Soup

**Monday
October 5**

Breakfast
Blueberry Crumb Cake

Lunch
Domino's Smart Slice
Pizza
Or
Mandarin Orange
Chicken w/Rice
Seasoned Broccoli
Baby Carrots
Applesauce Cups

**Tuesday
October 6**

Breakfast
Breakfast Bar
Lunch
French Toast Sticks w/
Sausage Patty
Or
Breakfast Pizza
Tator Tots
Celery Sticks
Apple Juice

**Wednesday
October 7**

Breakfast
Blue Jay Sandwich
Lunch
Lasagna w/ Breadstick
OR
Cheesesteak Sub
Mixed Vegetables
Garden Salad w/ Grape
Tomatoes
Juicy Peaches

**Thursday
October 8**

Breakfast
Pigglegstick
Lunch
Walking Taco
Or
Chicken Fajitas
Shredded Lettuce &
Tomato Cup
Chipotle Bean Salad
Side Kick Icy

**Friday
October 9**

Breakfast
Apple Bites
Lunch
Chicken Wings w/
Biscuit
Or
Crispy Fish Sandwich
Potato Wedges
Cucumber Cup
Fresh Apple Slices

**ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR**

**This institution is an equal
opportunity provider.**

National School Lunch Week October 12th-16th

**Monday
October 12**

Breakfast
Bread Slices

Lunch
Dominos Smart
Slice Pizza
OR
Buffalo Chicken
Mac & Cheese
Buttery Corn
Baby Carrots
Juicy Peaches

**Tuesday
October 13**

Breakfast
Breakfast Bun

Lunch
Pasta & Meat Sauce
w/ Breadstick
Or
Corn Dog **New!**
Seasoned Green
Beans
Garden Salad w/ Grape
Tomatoes
Mandarin Oranges

**Wednesday
October 14**

Breakfast
Breakfast Burrito

Lunch
Chicken Tenders w/Roll
OR
Hot Ham & Cheese on
Croissant
Baked Beans
Broccoli Salad
Chilled Mixed Fruit

**Thursday
October 15**

Breakfast
Donuts

Lunch
General Tso's Chicken
w/ Rice
OR
BBQ Teriyaki Chicken
w/ Rice
Bok Choy w/ Red
Peppers
Cucumber Cup
Pineapple Tidbits

**Friday
October 16**

**No
School**

***National School
Lunch Week
October 12th-16th***



**Monday
October 19**

Breakfast
Blueberry Crumb Cake

Lunch
Domino's Smart
Slice Pizza
Or
Max Sticks w/
Pizza Sauce
Seasoned Broccoli
Baby Carrots
Applesauce Cup

**Tuesday
October 20**

Breakfast
Breakfast Bar

Lunch
Shepherd's Pie w/Biscuit
Or
Chicken Egg Roll
Garden Peas
Cucumber Cup
Chilled Mixed Fruit

**Wednesday
October 21**

Breakfast
Blue Jay Sandwich

Lunch
Crispy or Spicy
Chicken Patty
Sandwich
Or
Buffalo Chicken Pizza
Sweet Potato Fries
Celery Sticks
Juicy Peaches

**Thursday
October 22**

Breakfast
Pigglesstick

Lunch
Walking Taco
Or
Chicken Fajitas
Shredded Lettuce &
Tomato Cup
Chipotle Bean Salad
Cool Pears

**Friday
October 23**

Breakfast
Apple Bites

Lunch
Popcorn Chicken w/
Roll
Or
Meatball Sub
Fluffy Mashed
Potatoes
Buttery Corn
Fresh Apple Slices

**Monday
October 26**

**No
School**

**Tuesday
October 27**

Breakfast
Breakfast Bun
Lunch
Shrimp Poppers &
Mac & Cheese
w/Cornbread
Or
Chicken Cheesesteak
Sub
Baked Beans
Baby Carrots
Chilled Mixed Fruit

**Wednesday
October 28**

Breakfast
Breakfast Burrito

Lunch
Chicken Drumstick w/
Biscuit
Or
Pulled Pork Sandwich
Oven Fries
Cucumber Cup
Juicy Peaches

**Thursday
October 29**

Breakfast
Donuts

Lunch
General Tso's Chicken
w/Rice
Or
BBQ Teriyaki Chicken
w/ Rice
Seasoned Broccoli
Red & Green Pepper
Cup
Pineapple Tidbits

**Friday
October 30**

Breakfast
Toasted Pastry
Lunch
Chicken Bacon Ranch
Pasta w/ Breadstick
OR
Grilled Cheese
Sandwich
Seasoned Green
Beans
Baby Carrots
Fresh Apple Slices
Tomato Soup

