

OCTOBER 2025

Gasconade Wildcats

This is an equal
opportunity
provider

Happy Halloween!

Monday

Tuesday

Wednesday

Thursday

Friday



Cinnamon toast crunch, 6
Coco puff, applesauce, juice
Meatloaf(A) roll (A)
Mash potatoes, green beans,
Good-n-goey apples

Waffle, sausage, 7
Peaches, juice
Chicken nuggets (A)
Mac-n-cheese(A)
Peas & carrots, pears

Oatmeal, cinnamon toast, 1
Raisins, juice
Chicken & Waffles (A)
Corn, fresh fruit

Breakfast pizza, yogurt, 2
Applesauce, juice
Wildcat nachos(A)
Mexi beans, salsa,
Fruit salad

Option B this week 3
PIZZA STICK
With Sauce

Froot loops, apple jacks, 13
Applesauce, juice
Orange chicken, fried rice(A)
Egg roll choice (2nd lunch)
Green beans, pears

Pancake, egg, 14
Peaches, juice
Chili & crackers (A)
Cheese stick (A)
Fresh veggie, fresh fruit

Oatmeal, cinnamon toast, 15
Raisins, juice
Chicken alfredo, garlic
bread (A)
Fresh veggie, strawannas

Pancake sausage bites, 16
Yogurt, Applesauce, juice
Cheeseburger (A)
French fries, corn
Fruit salad

Option B this Week 17
CHICKEN PATTY
ON BUN

Cinnamon/blueberry chex, 20
Applesauce, juice
Wildcat lasagna, garlic
Bread (A),
Green beans, pears

French toast sticks, 21
Peaches, juice
Beef & Noodles (A)
Broccoli, fresh veggie,
Slush cup

Biscuit & gravy or jelly, 22
Tots, banana, juice
BBQ Chicken bites (A)
Mash potatoes, baked beans,
Fresh fruit, cookie

Breakfast pizza, 23
Applesauce, juice
Pretzel & cheese, chicken
nuggets (A), veggie & dip,
Fruit salad

Option B this week 24
CORN DOG

Mateys, frosted flakes, 27
Applesauce, juice
Cherry chicken, fried rice (A)
Egg roll choice (2nd lunch)
Green beans, pears

Pancake, sausage 28
Peaches, juice
Cheeseburger mac (A)
Broccoli, fresh veggie,
Jello-n-fruit

Oatmeal, cinnamon toast, 29
Raisins, juice
Chicken & Waffle (A)
Corn, fresh fruit

Halloween Donut, 30
Yogurt, applesauce, juice
Wildcat Nachos(A)
Mexi beans, salsa,
Fruit salad

* Option B this week* 31
PIZZA STICK
With Sauce

All meals free to all students. Each meal is served with a choice of milks. At lunch choose option A or B.
Menu subject to change depending on availability of product. Nutrition information available upon request.