



October is **National Apple Month**. Did you know that there are about 7,500 varieties of apples?
Can you find a new variety of apple to try this month?



MONDAY



Chicken Tenders
Fries
Corn
Garden/Fruit Bar
1% Milk

06

Hot Dog with Chili
Tater Tots
Baked Beans
Garden/Fruit Bar
1% Milk

13

Chicken Nuggets
Macaroni and Cheese
French Fries
Garden/Fruit Bar
1% Milk

20

Hot Ham and Cheese
Tater Tots
Steamed Carrots
Garden/Fruit Bar
1% Milk

27

TUESDAY



Fish Sticks
Macaroni and Cheese
Green Beans
Garden/Fruit Bar
1% Milk

07

Chicken Alfredo
Garlic Bread
Caesar Salad/Broccoli
Garden/Fruit Bar
1% Milk

14

Meatloaf
Mashed Potatoes
Green Beans
Garden/Fruit Bar
1% Milk

21

Scrambled Eggs
Biscuit and Gravy
Potatoes
Garden/Fruit Bar
1% Milk

28

WEDNESDAY

Chicken Sandwich
Waffle Fries
Broccoli
Garden/Fruit Bar
1% Milk

01

Cheeseburgers
Chips
Baked Beans
Garden/Fruit Bar
1% Milk

08

Pig-in-a-Blanket
Seasoned Fries
Steamed Corn
Garden/Fruit Bar
1% Milk

15

Cheese Quesadilla
Tortilla Chips/Salsa
Steamed Corn
Garden/Fruit Bar
1% Milk

22

Turkey Sandwich
Chips
Snapped Peas
Garden/Fruit Bar
1% Milk

29

THURSDAY

Spaghetti
Garlic Bread
Caesar Salad
Garden/Fruit Bar
1% Milk

02

Tacos
Tortilla Chips & Salsa
Steamed Carrots
Garden/Fruit Bar
1% Milk

09

Salisbury Steak
Homemade Rolls
Mashed Potatoes/Green Beans
Garden/Fruit Bar
1% Milk

16

Philly Steak w/Cheese
Peppers and Onions
Potato Wedges
Garden/Fruit Bar
1% Milk

23

Cook's Choice
Garden/Fruit Bar
1% Milk

30

FRIDAY

Mini Corndogs
Curly Fries
Peas
Garden/Fruit Bar
1% Milk

03

Sloppy Joes
Sweet Potato Fries
Coleslaw
Garden/Fruit Bar
1% Milk

10

Cook's Choice
Garden/Fruit Bar
1% Milk

17

BBQ
Coleslaw
Fries
Garden/Fruit Bar
1% Milk

24

Halloween Pizza Bread
Caesar Salad
Corn
Garden/Fruit Bar
1% Milk

31



School Information:
Type your school information here.

OCTOBER 2025