## October 2025



	preserve protect	maintain conserve attack guard improve retain shield enhance increase inflate recover		
Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Basket: Tst'd Cheese Sand.	Lunch Basket: Soft Pumpkin Pretzel	Lunch Basket: Baked Potato	Lunch Basket: Cheese Nachos	Lunch Basket: Cheese Quesadilla
Grilled Chicken Salad	Grilled Chicken Caesar	Chicken Tender Salad	Pomegranate Chicken Salad	Southwest Chicken Salad
		1 (Lunch Special for 7-12 Grades)	2	3 (Chick-fil-A 6th-12 grade only)
		Hot Dogs w/ Chili	Sausage Gravy Biscuits	Chicken Sandwich w/cheese
		Chips	Hashbrowns	Chips
		Coleslaw	Green Beans	Roasted Vegetables
		Fruit Cup	Fruit Cup	Fruit Cup
		Fresh Fruit	Fresh Fruit	Fresh Fruit
		String Cheese or Gogurt	Raisins or Granola Bar	Pickle or Dessert
6 Meatball Sub	7 Baked Penne	8 Teriyaki Chicken w/ Pineapple	9 French Toast Sticks	10 Domino's Pepperoni Pizza
	Garlic Bread	Rice		Side Salad
Chips			Sausage	
Roasted Vegetables	Olive Garden Style Salad	Veggie Sticks	Hashbrown Casserole	Corn
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Pickle or GoGurt	String Cheese or Fruit Bar	String Cheese or Fuit Roll Up	GoGurt or Raisins	String Cheese or Dessert
13	14	15	16	17
Chicken Noodle Soup	Open Face Hot Ham & Pineapple	Chicken Salad Croissant	Cheeseburger	
Dinner Roll	Broccoli Rice Casserole	Chips	Hashbrowns	
Side Salad	Fresh Veggie Sticks	Potato Salad	Green Beans	No School
Fruit Cup	Fruit Cup	Fruit Cup	Baked Apples	Teacher Work Day
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	(Child Care Available)
String Cheese or Fruit Bar	Pickle or GoGurt	Granola Bar or Gogurt	Dirt Pudding or Pickle	
20	21	22	23	24
Shepherd's Pie	Southwest Chicken Wrap	Pork BBQ Sandwich	Chicken Tenders w/Roll	Domino's Pepperoni Pizza
Dinner Roll	Cilantro Lime Rice	Chips	Mashed Potatoes	Side Salad
Caesar Salad	Tortilla Chips	Coleslaw	Green Beans	Corn
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
String Cheese or Fruit Bar	String Cheese or Pickle	Pickle or GoGurt	String Cheese or Granola Bar	String Cheese or Pickle
27	28	29	30	31
General Tso Chicken	Corn dogs	BBQ Chicken		
Spring Roll	Mac & Cheese	Chips		
Fried Rice	Veggie Sticks	Broccoli	1/2 day of School	1/2 day of School
Fruit Cup	Fruit Cup	Fresh Fruit	(Child Care Available)	(Child Care Available)
Fresh Fruit	Fresh Fruit	Fruit Cup	ĺ	ĺ
Granola Bar or Gogurt	Pickle or GoGurt	Granola Bar or String Cheese		