



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?



# LUNCH

## MONDAY



Pizza with breadstick  
Salad  
Mixed fruit  
milk

06

## TUESDAY



Walking taco (meat, lettuce,  
cheese, doritos)  
Corn  
Peaches  
Milk

07

## WEDNESDAY

Chicken patty on a bun  
Chips  
Carrots  
Apples  
Milk

01

## THURSDAY

Sloppy joe  
Tater tots  
Corn  
Jello  
Milk

02

## FRIDAY

Egg and cheese omelet  
Sausage links  
Potatoes  
Apple juice  
Milk

03

NO SCHOOL

13

Hamburger on a bun  
Salad  
Pears  
milk

14

Bosco sticks w/ marinara  
Green beans  
Oranges  
Milk

15

Spaghetti and meat sauce  
Breadstick  
Apple  
Carrot stick  
Milk

16

Corn Dog  
Chips  
Jello with fruit  
Celery  
Milk

17

Biscuits and gravy  
Sausage links  
Hashbrown  
Apple juice  
Milk

20

Pizza  
breadstick  
Salad  
Orange  
Milk

21

Chicken Alfredo  
Breadstick  
Apple  
Carrots  
Milk

22

Mandarin orange chicken  
Egg roll  
Salad  
Pineapple chunks  
Milk

23

Walking taco (meat, lettuce, cheese,  
doritos)  
Peaches  
Milk

24

Popcorn chicken  
French fries  
Green beans  
Apple sauce  
Milk

27

Chef salad  
Strawberries  
Bread stick  
Milk

28

Turkey and cheese sub  
Chips  
Applesauce  
Carrot sticks  
Milk

29

Goulash  
Applesauce  
Corn  
Corn muffin  
Milk

30

Pancakes with syrup  
Sausage  
Hashbrown  
Apple juice  
Milk

31



OCTOBER 2025



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



# BREAKFAST

## MONDAY



Poptart, variety  
Apple juice  
Milk

06

## TUESDAY



Donuts  
Apple juice  
Milk

07

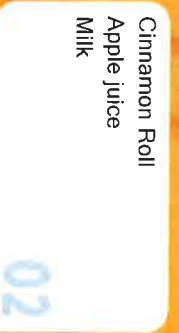
## WEDNESDAY



Cereal  
Apple juice  
milk

01

## THURSDAY



Cinnamon Roll  
Apple juice  
Milk

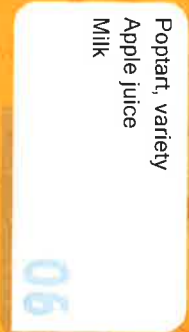
02

## FRIDAY



Cherry Frudel  
Apple juice  
Milk

03



Poptart, variety  
Apple juice  
Milk

06



Donuts  
Apple juice  
Milk

07



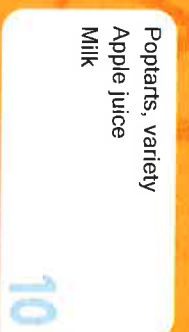
Cereal  
Apple juice  
Milk

08



Donuts  
Apple juice  
Milk

09



Poptarts, variety  
Apple juice  
Milk

10



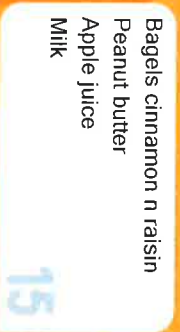
NO SCHOOL

13



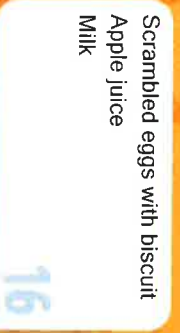
Breakfast Pizza  
Apple juice  
Milk

14



Bagels cinnamon n raisin  
Peanut butter  
Apple juice  
Milk

15



Scrambled eggs with biscuit  
Apple juice  
Milk

16



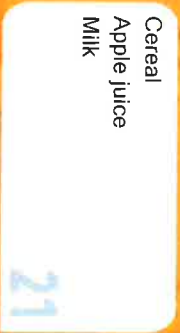
Cereal  
Apple juice  
Milk

17



Poptart  
Apple juice  
Milk

20



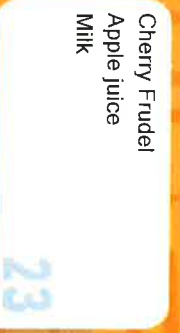
Cereal  
Apple juice  
Milk

21



Cinnamon roll  
Apple juice  
Milk

22



Cherry Frudel  
Apple juice  
Milk

23



Poptart  
Apple juice  
Milk

24



Donut  
Apple juice  
Milk

27



National Chocolate Day  
Cereal  
Apple juice  
Milk

28



Poptart  
Apple juice  
Milk

29



Donuts  
Apple juice  
Milk

30



Halloween  
Mini Pancakes  
Apple juice  
Milk

31



School Information:  
Type your school information here.

# OCTOBER 2025