October: *Lunch Menu*

New Liberty & Prep

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK OCT 12TH-16TH 2026 **Always Available** **Sunbutter & Jelly** **Yogut Power Pack** **Hummus Power Pack** **V = Vegan** **Vg = Vegetatian**			**10/1** ***World Vegetarian Day*** Falafel Pita Pocket (V) Pita Bread, Falafel Balls and Tzatziki **OR** Caesar Salad with Cheese Stick & Pita Bread Vegetable of the day: Diced Cucumber, Diced Tomatoes, Diced Red Onion, MS & HS Kalamata Olives Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/2** Pizza Friday ! (Vg) or Pepperoni Pizza **OR** Buffalo Chicken and Cheese Sandwich on a WGR Bun Vegetable of the day: Local Farm Fresh Veggie Sticks, Garden Salad Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
10/5 Chicken and Cheese Tamales Or Cheese Quesadilla (Vg) **OR** Buffalo Chicken & Cheese Sandwich on a Bun Vegetable of the day: Local Side Salad with Cilantro Lime Vinnegrette, Stewed Kidney Beans Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/6** ***National Noodle Day*** Lo Mein- Teriyaki Chicken or Teriyaki Tofu (V) WGR Noodles, Chicken **OR** Ham & Cheese Sandiwch on a bun Vegetable of the day: Stir Fry local mixed vegetable, and Local Carrots Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/7** ***Burrito Bowl*** Pullled Chicken or Mexican Plant-based Protein (V) with Cilantro Rice, Shredded Cheese and Sour Cream **OR** Turkey and Cheese on a Bun Vegetable of the day: Mexican Street Corn on the Cob, Burrito Toppings: Local lettuce, Local Tomato, Salsa, Sauteed Local Peppers Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/8** ***National Pierogie Day*** WG Potato and Cheese Pierogie (Vg), Sauteed Onions, Turkey Kielbasa **OR** Chicken Salad on WW Wrap Vegetable of the day: Local Roasted Broccoli, Local Cucumber Salad Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate Condiments: Sour Cream	**10/9** Pizza Friday ! (Vg) Or Sausage Pizza **OR** Chicken Caesar Salad Wrap on WW Tortilla Vegetable of the day: Sweet Potato Fries, Side Salad w/ local lettuce Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
10/12 No School Indigenous Peoples Day	**10/13** ***National School Lunch Week !*** Mandarin Orange Chicken or Crispy Mandarin Orange tofu (V) with Vegetable Fried Rice **OR** Chicken Salad Sandwich on Whole Wheat Bread Vegetable of the Day: Local Roasted Broccoli, Stir Fried Mixed Vegetables Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/14** ***National School Lunch Week !*** Roasted Chicken on the Bone or Vegan Chicken Tenders (V) with Cilantro Rice **OR** Pizza Power Pack Vegetable of the day: Stewed Kidney Beans, Sweet Plantins , Garden Salad w/ Local Lettuce Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/15** ***National School Lunch Week !*** ***KFC Dupe*** Popcorn Chicken Bowl Popcorn chicken or Vegan Chicken Tenders (V) mashed potatoes, local corn & gravy with WGR dinner roll **OR** Turkey & Cheese Sandwich on WGR Bun Vegetable of the day: Local Buttered Corn, Local Green Beans Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/16** ***National School Lunch Week!*** Cheese (Vg) or Buffalo Chicken Pizza **OR** Chicken Salad Power Pack Vegetable of the day: Local Rainbow Bell Pepper Strips, Caesar Salad w/ local Romaine Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
10/19 Hamburger, Cheeseburger on a WGR Bun or Veggie Burger on a Bun (V) **OR** Turkey and Cheese Sandwich on a Bun Vegetable of the day: Potato Wedges, Creamy Coleslaw w/ local cabbage Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate Condiments: Mayo, Mustard, Ketchup	**10/20** Sloppy Joe Nachos or Plant Based Mexican Pea Protein (V) with Tortilla Chip, and Shredded Cheese **OR** Cheese & Cracker Power Pack Vegetable of the day: Local Shredded Lettuce, Pico De Gallo, Mexican Street Corn on the Cob Milk: 1%, Skim, Lactaid, Chocolate	**10/21** Chicken or Yogurt (Vg) & Waffles with Syrup **OR** Ham and Cheese Sandwich on WGR Bun Vegetable of the Day: Local Red Roasted Potatoes & Peppers, Local Roasted Cinnamon Diced Sweet Potatoes Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/22** Chicken Broccoli Ziti with Alfredo Sauce Or Pasta with Brocoli and Alfredo Sauce (Vg) **OR** Chicken Salad Power Pack Vegetable of the Day: Local Roasted Broccoli, Kale Cranberry Salad Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/23** Pizza Friday! (Vg) or Chicken Bacon Ranch Pizza **OR** Yogurt Power Pack Vegetable of the day: Sweet Potato Fries, Farm Fresh Veggie Sticks Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate
10/26 Grilled Cheese or Grilled Cheese with Tomato (Vg) **OR** Chicken Caesar Salad w/ Dinner Roll & Cheese Stick Vegetable of the day: Local Tomato Soup, Local Roasted Butternut Squash Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/27** ***National Potato Day*** Local Lemon Pepper Chicken Wings Or Vegan Chicken Tenders (V) with Ranchi Dipping Sauce **OR** Ham & Cheese Sandwich on a WGR Bun Vegetable of the day: Creamy Coleslaw, Loaded backed Potato with Shredded Cheese, Sour Cream and Bacon) Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/28** Ravioli with Marinara & Garlic Bread (Vg) **OR** Tuna Salad on WW Tortilla Vegetable of the day: Local Roasted Green Beans, Caesar Salad w/ local romaine Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/29** ***Happy Halloween!*** "Mummy Dogs" hot dog or Vegan Veggie Hot Dog (V) wrapped in puff pastry **OR** "Spooky" Turkey & Cheese Sub Vegetable of the day: "Vegetable Candy Corn" (roasted & buttered corn and diced carrotes), Garden Salad w/ local lettuce Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate	**10/30** ***Happy Halloween!*** Early Release Spooky Sandwiches, Turkey and Cheese, Ham and Cheese OR Buffalo Chicken and Cheese on a Bun Vegetable of the day: Yellow and Green local Pepper Strips, & Halloween Icy Assorted Fruit Milk: 1%, Skim, Lactaid, Chocolate

This institution is a equal Opportunity Provider. Please Note: If you have a food allergy please advise your kitchen manager

NATIONAL FARM to SCHOOL MONTH

HARVEST of the MONTH
PEARS

NATIONAL HISPANIC HERITAGE MONTH
September 15 - October 15