

# October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
We are excited to announce that this year, we are using a new school meal program option to offer school breakfast and lunch every day to all students at no charge. All children enrolled in our schools can eat for free and there is no application required! We are committed to providing every student in our school community with all the tools they need to succeed, including nutritious meals that everyone can enjoy together.			<b>BREAKFAST</b> Carrot Bun  <b>LUNCH</b> Popcorn Chicken Harvest Salad	<b>BREAKFAST</b> Breakfast Pizza  <b>LUNCH</b> Teriyaki Glazed Meatballs with Rice	<b>BREAKFAST</b> Zucchini Bread  <b>LUNCH</b> Bosco Pepperoni Pizza Stick & String Cheese	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
<u>Breakfast Meal</u> Includes: Entrée, Milk, and Fruit	<b>BREAKFAST</b> Cheery Apple Crunch Bar  <b>LUNCH</b> Chicken Patty Biscuit Sandwich	<b>BREAKFAST</b> Pop-Tart & Graham Crackers  <b>LUNCH</b> Spinach Corn & Cheese Quesadilla	<b>BREAKFAST</b> Cinnamon Glazed Pancakes  <b>LUNCH</b> Turkey Sub Sandwich	<b>BREAKFAST</b> Blueberry Muffin  <b>LUNCH</b> Orange Chicken and Brown Rice	<b>BREAKFAST</b> Pumpkin Bread  <b>LUNCH</b> Cheesy Pull-Apart Italian Bread	<b>FREE MEALS FOR ALL STUDENTS</b>
19	20	21	22	23	24	25
<u>Lunch Meal Includes:</u> Entrée, Milk, Fruit and Vegetables	<b>BREAKFAST</b> Cereal Bowl & Cheddar Cubes  <b>LUNCH</b> Chicken Tenders & Waffles	<b>BREAKFAST</b> Maple Waffles  <b>LUNCH</b> Xtreem Bean & Cheese Burrito	<b>BREAKFAST</b> Oatmeal Raisin Breakfast Bar  <b>LUNCH</b> Peanut Butter & Jelly Sandwich	<b>BREAKFAST</b> Cereal Bar & String Cheese  <b>LUNCH</b> Asian Beef & Ramen Noodles Bowl	<b>BREAKFAST</b> Donut Bites  <b>LUNCH</b> Cheese Ravioli in Alfredo Sauce	<b>All bread product served to students are 100% Whole Grain</b>
26	27	28	29	30	31	
<b>FREE MEALS FOR ALL STUDENTS</b>	<b>BREAKFAST</b> Snack'n Waffle  <b>LUNCH</b> Hamburger	<b>BREAKFAST</b> Mini Bagels Cream Cheese Filled  <b>LUNCH</b> Cheese Enchiladas with Green Sauce	<b>BREAKFAST</b> Nutri-grain Bar & Yogurt Cup  <b>LUNCH</b> Turkey Spinach & Cranberry Pin Wheels	<b>BREAKFAST</b> Apple Cinnamon Muffin  <b>LUNCH</b> Chicken Chow Mein Noodles	<b>BREAKFAST</b> French Toast Sticks  <b>LUNCH</b> Baked Mozzarella Sticks & Marinara Sauce	
<b>Breakfast</b> provides the body and brain with fuel after an overnight fast-that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol! Our food service program offers families the convenience and value for busy parents. <b>This institution is an equal opportunity provider.</b>			<b>October is Eat with Family Month. "Eat Together, Eat Better". When families eat together they eat more nutritiously and a greater variety of foods. Click on the links for recipes and tools to help bring your family bond together around family meals.</b> <a href="https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set1_ENG.pdf">https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set1_ENG.pdf</a> <a href="https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set2_ENG.pdf">https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set2_ENG.pdf</a>			