

OCTOBER 2026



Lunch Prices:
Student: \$3.35
Adult: \$4.00

All reimbursable lunches **MUST** include a fruit, vegetable, or 100% vegetable juice and **MAY** include a whole, 1% or skim chocolate milk

Fresh Fruit & Vegetable Selection Available Everyday

We offer 2 fresh fruits and 2 fresh vegetables everyday. Selections are based on seasonal availability and may include:

Fruits: Apple, Orange, Pear, Peach, Plum, Strawberry, Blueberry, Cantaloupe, Honeydew, Watermelon, Grapes, Pineapple & Banana

Vegetables: Carrots, Cucumber, Celery, Broccoli, Bell Pepper Strips, Corn, Snap Peas

Drinking cups & water available in every cafeteria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Spaghetti & Meatballs w/ Marinara Sauce Garlic Knot Roasted Broccoli	29 Twin Beef Tacos Mexi Spiced Rice Charro Pinto Beans	30 Chicken & Vegetable Dumpling Asian Rice Steamed Edamame	1 WG French Toast Sticks Sausage Patty Tater Tots	2 Cheese or Pepperoni Pizza Spinach Side Salad
Hot Weekly Special: WG Chicken Tenders w/ Cornbread		Cold Weekly Special: Strawberry Yogurt Parfait with Granola		
5 Macaroni & Cheese with Soft Pretzel Broccoli	6 Beef Nachos Campfire Pinto Beans	7 Mashed Potato & Corn Bowl with Boneless Chicken Wings Breadstick Green Beans	8 WG Pancakes Turkey Sausage Sweet Potato Fries	9 EARLY DISMISSAL Bagel Fun Lunch, Sunbutter & Jelly or Turkey and Cheese Sandwich
Hot Weekly Special: Hamburger or Cheeseburger on WG Bun		Cold Weekly Special: Turkey & Cheese on WG Bread		
12 NO SCHOOL COLOMBUS DAY	13 Twin Soft Beef Tacos Seasoned Black Beans	14 Honey Stung Chicken WG Biscuit Green Beans	15 WG Blueberry Waffles Colby Cheese Omelet Tater Tots	16 Pizza Sticks w/ Marinara Dipping Sauce Red Pepper Strips
Hot Weekly Special: Chicken & Cheese Quesadilla		Cold Weekly Special: Pepperoni Pizza Bagel Kit		
19 Cheesy Chicken Penne Bake Italian Breadstick Green Beans	20 Beef Nachos Cinnamon Churro Vegetarian Baked Beans	21 Boneless Chicken Wings w/ Ranch or BBQ Sauce Biscuit Carrot & Celery Sticks	22 WG Pancakes Turkey Sausage Sweet Potato Fries	23 Cheese Pizza or Pepperoni Pizza Romaine Side Salad
Hot Weekly Special: Cheese Melt on WG Bread		Cold Weekly Special: Blueberry Yogurt Parfait with Granola		
26 Penne w./ Marinara Sauce Meatballs Green Beans	27 Chicken & Cheese Quesadilla Italian Roasted Garbanzo Beans	28 Orange Chicken w/ WG Vegetable Eggroll Glazed Carrots	29 Maple Mini Waffles Turkey Sausage Tater Tots	30 Cheese Filled Breadsticks w/ Marinara Dipping Sauce Spinach Side Salad
Hot Weekly Special: Chicken Meatball Parmesan Sub		Cold Weekly Special: Soft Pretzel, Yogurt & Cheese Stick Pack		

SNOWY WHITE

TASTE BUDS DELIGHT

Don't let nature's achromatic (lacking hue) produce fool you. While white in color, these hearty fruits, beans, and veggies pack a nutritional punch. White produce also rock the flavonoid quercetin, a natural antihistamine and anti-inflammatory that has also been shown to help decrease blood pressure and prevent heart disease. When deciding which savory white produce to invite to your plate, some of quercetin's finest include onions, garlic, potatoes, mushrooms, cauliflower, turnips, and rutabagas.

DISCOVER: MUSHROOMS

Look out for umami (savory) fungi, mushrooms, this month. In season during the fall and early winter, these tasty toadstools are packed with antioxidants as well as vitamins, minerals, and fiber.



COCONUT: Loaded with potassium, fiber, & vitamin B6
Peak Season: Oct.-Dec.



PARSNIPS: Hearty dose of fiber, vitamins, & minerals
Peak Season: Aug.-March



FAVA BEANS:
Bursting with plant protein, calcium, & micronutrients
Peak Season: March-May

CHALLENGE OF THE MONTH: SALTY POTATO EXPERIMENT

Fill two small bowls with water and mix salt into one of the bowls. Label both bowls so you know which one has the salty water. Cut a potato in half and place each half into a bowl with the cut side down. Leave for about 30 minutes and watch what happens.



TAKEAWAY: Just like the potato loses water, salty foods and drinks make people thirsty. Consume salty food in moderation and stay hydrated.



ACE'S
RECIPE OF THE
MONTH:

NO-BAKE COCONUT CANDY BARS*

Makes 6-8 Bars

INGREDIENTS:

- 1 cup unsweetened shredded coconut
- 1/4 cup agave or pure maple syrup (or 1/4 cup water and stevia to taste)
- 2 tbsp. virgin coconut oil
- 1/2 tsp. pure vanilla extract
- 1/8 tsp. salt
- Optional: Raw chocolate chips

PREPARATION:

1. Ask an adult to combine all ingredients in a food processor. (Mixing by hand will still taste good, but the bars will crumble.)
2. Pack processed mix into any small container (7x5)
3. Refrigerate for one hour, or freeze for 15 minutes.
4. Ask an adult to cut into 6-8 bars.
5. Enjoy!

***DO NOT attempt to chop ingredients or operate food processor without adult supervision.**