



				Vegan	Vegetarian	Gluten Free	Dairy	Peanut	Tree Nut	Egg	Soy	Fish Shell Fish	Whole Grain	Sesame
9/29/25	Monday	Breakfast	Blueberry Bagel & Cream Cheese		✓		✓			✓	✓		✓	✓
		Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Scrambled Eggs & Baked French Toast		✓		✓			✓	✓		✓	✓
		Lunch	Turkey Sausage & Baked French Toast				✓			✓	✓		✓	✓
9/30/25	Tuesday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Cinnamon Apple Crumb Muffin		✓		✓			✓			✓	
		Lunch	Cheese Quesadilla		✓		✓				✓		✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Honey Orange Chicken & Brown Rice								✓		✓	
10/1/25	Wednesday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Choco Chip Granola Bar		✓		✓			✓			✓	
		Lunch	Creamy Cheddar Mac		✓		✓						✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Swedish Meatballs & Buttered Noodles				✓			✓	✓		✓	✓
10/2/25	Thursday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Glazed Cinnamon Bread		✓		✓			✓			✓	
		Lunch	Cheese Pizza Calzone		✓		✓				✓		✓	✓
		Lunch	Apple Chicken Salad & Quinoa			✓							✓	
		Lunch	Pepperoni Pizza Calzone				✓				✓		✓	✓
10/3/25	Friday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Chocolate Zucchini Bread		✓	✓	✓			✓			✓	
		Lunch	Apple Chicken Salad & Quinoa			✓							✓	
		Lunch	Grilled Cheese		✓		✓				✓		✓	✓
		Lunch	Hamburger								✓		✓	✓



				Vegan	Vegetarian	Gluten Free	Dairy	Peanut	Tree Nut	Egg	Soy	Fish Shell Fish	Whole Grain	Sesame
10/6/25	Monday	Breakfast	English Muffin and Jam		✓						✓			✓
		Breakfast	Berry O-Night Oats		✓	✓							✓	
		Lunch	Bacon, Egg & Cheese Sando				✓			✓	✓		✓	✓
		Lunch	Egg & Cheese Sando		✓		✓			✓	✓			✓
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓			✓
10/7/25	Tuesday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Banana Chip Muffin		✓		✓			✓			✓	
		Lunch	Edamame & Stir-Fry Noodles	✓	✓						✓		✓	
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓		✓	✓
		Lunch	Teriyaki Chicken & Stir-Fry Noodles								✓		✓	
10/8/25	Wednesday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Blueberry Granola Bar		✓		✓			✓			✓	
		Lunch	Cheesy Marinara Pasta		✓		✓			✓				
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓		✓	✓
		Lunch	Italian Meatballs & Marinara Pasta							✓	✓		✓	✓
10/9/25	Thursday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Honey Grahams & Sunbutter Cup		✓		✓			✓				
		Lunch	BBQ Pork Sando								✓		✓	✓
		Lunch	Creamy Cheddar Mac		✓		✓						✓	
		Lunch	Southwest Chicken Salad & Quinoa			✓							✓	
10/10/25	Friday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Maple Oat Bar		✓		✓			✓			✓	
		Lunch	Southwest Chicken Salad & Quinoa			✓							✓	
		Lunch	Grilled Cheese		✓		✓				✓		✓	✓
		Lunch	Chicken Tenders & Breadsticks				✓			✓	✓	✓	✓	✓



Vegan Vegetarian Gluten Free Dairy Peanut Tree Nut Egg Soy Fish Shell Fish Whole Grain Sesame

10/13/25	Monday	Breakfast	<b>No School</b>										
		Breakfast											
		Lunch											
		Lunch											
		Lunch											
10/14/25	Tuesday	Breakfast	Cookie Dough O-Night Oats		✓	✓						✓	
		Breakfast	Cinnamon Apple Crumb Muffin		✓		✓			✓		✓	
		Lunch	Beef & Cheese Burrito Bowl			✓	✓					✓	
		Lunch	Cheese Quesadilla		✓		✓				✓	✓	
		Lunch	Beef Burrito Bowl			✓						✓	
10/15/25	Wednesday	Breakfast	Cookie Dough O-Night Oats		✓	✓						✓	
		Breakfast	Choco Chip Granola Bar		✓		✓			✓		✓	
		Lunch	Alfredo Pasta & Italian White Beans		✓	✓						✓	
		Lunch	Beef Burrito Bowl			✓						✓	
		Lunch	Roasted Chicken & Alfredo Pasta				✓			✓		✓	
10/16/25	Thursday	Breakfast	Cookie Dough O-Night Oats		✓	✓						✓	
		Breakfast	Glazed Cinnamon Bread		✓		✓			✓		✓	
		Lunch	BBQ Chicken Calzone				✓				✓	✓	✓
		Lunch	Cheese Pizza Calzone		✓		✓				✓	✓	✓
		Lunch	Apple Chicken Salad & Quinoa			✓						✓	
10/17/25	Friday	Breakfast	Cookie Dough O-Night Oats		✓	✓						✓	
		Breakfast	Chocolate Zucchini Bread		✓		✓			✓		✓	
		Lunch	100% Beef Hot Dog								✓	✓	✓
		Lunch	Apple Chicken Salad & Quinoa			✓						✓	
		Lunch	Grilled Cheese		✓		✓				✓	✓	✓



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10/20/25	Monday	Breakfast	English Muffin and Jam		✓						✓			✓
		Breakfast	Berry O-Night Oats		✓	✓							✓	
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓		✓	✓
		Lunch	Scrambled Eggs & Cinnamon Pancakes		✓		✓			✓			✓	
		Lunch	Turkey Sausage & Cinnamon Pancakes				✓			✓	✓		✓	
10/21/25	Tuesday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Banana Chip Muffin		✓		✓			✓			✓	
		Lunch	Cheese Quesadilla		✓		✓				✓		✓	
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓		✓	✓
		Lunch	Mediterranean Chicken Kabob & Brown Rice										✓	
10/22/25	Wednesday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Blueberry Granola Bar		✓		✓			✓			✓	
		Lunch	Cheesy Baked Ziti				✓			✓	✓	✓		✓
		Lunch	Chipotle Chicken Bowl			✓		✓		✓	✓		✓	✓
		Lunch	Italian Meatballs & Marinara Pasta							✓	✓		✓	✓
10/23/25	Thursday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Honey Grahams & Sunbutter Cup		✓		✓			✓				
		Lunch	Creamy Cheddar Mac		✓		✓						✓	
		Lunch	Southwest Chicken Salad & Quinoa			✓							✓	
		Lunch	Roasted Chicken & Cheddar Sando				✓				✓			✓
10/24/25	Friday	Breakfast	Berry O-Night Oats		✓	✓							✓	
		Breakfast	Maple Oat Bar		✓		✓			✓			✓	
		Lunch	Southwest Chicken Salad & Quinoa			✓							✓	
		Lunch	Grilled Cheese		✓		✓				✓		✓	✓
		Lunch	Chicken Tenders & Breadsticks				✓			✓	✓	✓	✓	✓



				Vegan	Vegetarian	Gluten Free	Dairy	Peanut	Tree Nut	Egg	Soy	Fish Shell Fish	Whole Grain	Sesame
10/27/25	Monday	Breakfast	Blueberry Bagel & Cream Cheese		✓		✓			✓	✓		✓	✓
		Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Scrambled Eggs & Baked French Toast		✓		✓			✓	✓		✓	✓
		Lunch	Turkey Sausage & Baked French Toast				✓			✓	✓		✓	✓
10/28/25	Tuesday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Cinnamon Apple Crumb Muffin		✓		✓			✓			✓	
		Lunch	Cheese Quesadilla		✓		✓				✓		✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Honey Orange Chicken & Brown Rice								✓		✓	
10/29/25	Wednesday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Choco Chip Granola Bar		✓		✓			✓			✓	
		Lunch	Creamy Cheddar Mac		✓		✓						✓	
		Lunch	Beef Burrito Bowl			✓							✓	
		Lunch	Swedish Meatballs & Buttered Noodles				✓			✓	✓		✓	✓
10/30/25	Thursday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Glazed Cinnamon Bread		✓		✓			✓			✓	
		Lunch	Cheese Pizza Calzone		✓		✓				✓		✓	✓
		Lunch	Apple Chicken Salad & Quinoa			✓							✓	
		Lunch	Pepperoni Pizza Calzone				✓				✓		✓	✓
10/31/25	Friday	Breakfast	Cookie Dough O-Night Oats		✓	✓							✓	
		Breakfast	Chocolate Zucchini Bread		✓		✓			✓			✓	
		Lunch	Apple Chicken Salad & Quinoa			✓							✓	
		Lunch	Grilled Cheese		✓		✓				✓		✓	✓
		Lunch	Hamburger								✓		✓	✓