

Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
						1	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Spaghetti 1 Cup Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Peas 1/2C WG Breadstick 2oz Fruit 1/2 Cup Milk 1 Cup	2	Yom Kippur School Closed		3	Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Deli Turkey Breast 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 C Green Salad 1/2C Tomato 1/4 C Cucumber 1/4C Fruit 1/2 cup Milk 1 cup
6	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3oz Tuscan Veg 1/2 C Baked Beans 1/2C Fruit 1/2 cup Milk 1 cup	7	WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Green Peas 1/2C WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	8	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Macaroni &Cheese 1/2 Cup Broccoli 3/4C WG Bread Stick 1oz Fruit 1/2 Cup Milk 8oz	9	WG Waffles 2pcs/2.5oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	10	Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Salad oz WG Bread or Wrap 2oz Sweet Potato Fries1/2C Green Salad 1/2C Tomato 1/4 C Fruit 1/2 cup Milk 1 cup
13	Columbus Day School Closed		14	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	WG Chicken Patty 2oz WG Croissant 1.5oz Roasted Sweet Potato 1/2 cup Broccoli 1/2 cup Fruit 1/2 cup Milk 1 cup	15	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Peas 3/4 Cup Rice 1/2 Cup WG Garlic Cheese Breadstick 1oz Fruit 1/2 Cup Milk 1 Cup Gravy optional	16	WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Amazing Lo Mein Spaghetti 2oz Garbanzo Bean 2oz Pepper/Onion 1/4 Cup Carrots 1/2 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	17	Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Deli Turkey Breast 2oz WG Bread or Wrap 2oz French Fries1/2C Green Salad 1/2C Tomato 1/4 C Cucumber 1/4C Fruit 1/2 cup Milk 1 cup
20	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3 oz Roasted Sweet Potato 1/2 C Baked Beans 1/2C Fruit 1/2 cup Milk 1 cup	21	WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	Beef Patty 1 patty/2oz Beef Gravy Smiley Face Potatoes 1/2 Cup Green Beans 1/2 cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	22	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Penne Pasta 1/2 cup cooked Beef Crumble 2 oz Marinara Sauce 1/4 C Green Peas 1/2C Fruit 1/2 Cup Milk 1 Cup	23	WG Waffles 2pcs/2.5oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Pizza 2 oz Spinach 1/2 C Green Salad 1/2 Cup Diced Tomato ¼ cup. Cucumber 1/4C Fruit 1/2 cup Milk 1 cup	24	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Salad 2oz WG Bread or Wrap 2oz Sweet Potato Fries1/2C Green Salad 1/2C Tomato 1/4 C Cucumber 1/4C Fruit 1/2 cup Milk 1 cup
27	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Hamburger Patty 1 patty/2 oz WG Bun 2 oz French Fries 1/2 C Baked Beans 1/2 C Fruit 1/2 Cup Milk 1 Cup	28	WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	WG Chicken Patty 2oz WG Biscuit 2 oz Roasted Sweet Potato 1/2 cup Monterey Blend 1/2 cup Fruit 1/2 cup Milk 1 cup	29	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Spaghetti 1 Cup Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Peas 1/2C WG Breadstick 2oz Fruit 1/2 Cup Milk 1 Cup	30	WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	31	Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Deli Turkey 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 cup Broccoli 1/2cup Fruit 1 cup Milk 1 cup

Restricted Diets must have a physician order per NSLP/USDA.

Return Order October 2025 PES K-8th Grade

	Paid			
Date	Breakfast	Lunch		
	\$2.10	\$3.25		
1				
2	School	Closed		
3				
6				
7				
8				
9				
10				
13	School	Closed		
14				
15				
16				
17				
20				
21				
22				
23				
24				
27				
28				
29				
30				
31				

Total Breakfasts _____ @\$2.10 ordered = \$ _____

Total Lunch_____ @\$3.25 ordered =\$ _____

Student Name _____

Parent/Guardian Name _____

Teacher Name _____

Meals Served in School _____

Please check off the day’s your child needs a meal and return to school with payment if applicable.

Breakfast/Lunch Menu – October 2025
MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy per a doctor’s script please indicate it on your order form.

Please note the pureed and minced and moist muffins will be served upon availability for breakfast on Monday and Friday. *Substitutes for breakfast grains can be interchangeable between French Toast, Waffles, or Pancakes if an item is unavailable from the distributor. The menu is subject to change due to ongoing supply chain issues.
***Please remember all Food Allergies and**

Breakfast MONDAY Lunch	Breakfast TUESDAY Lunch	Breakfast WEDNESDAY Lunch	Breakfast THURSDAY Lunch	Breakfast FRIDAY Lunch
		1 Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	2 Yom Kippur School Closed	3 Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup
6 Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	7 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	8 Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	9 WG Waffles 2pcs/2.5oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	10 Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup
13 Columbus Day School Closed	14 Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	15 Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	16 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	17 Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup
20 Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	21 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	22 Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	23 WG Waffles 2pcs/2.5oz Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	24 Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup
27 Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	28 WG French Toast Sticks 2oz/2pcs Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup Fruit 1/2 cup	29 Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	30 WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	31 Cereal 3/4 cup WG Muffin 2oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup

Return Order October 2025 Pre-School

	Paid			
Date	Breakfast	Lunch		
	\$2.10	\$3.25		
1				
2	School	Closed		
3				
6				
7				
8				
9				
10				
13	School	Closed		
14				
15				
16				
17				
20				
21				
22				
23				
24				
27				
28				
29				
30				
31				

Total Breakfasts _____ @\$2.10 ordered = \$ _____

Total Lunch_____ @\$3.25 ordered =\$ _____

Student Name _____

Parent/Guardian Name _____

Teacher Name _____

Meals Served in School _____

Please check off the day’s your child needs a meal and return to school with payment if applicable.

Breakfast/Lunch Menu – October 2025
MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy per a doctor’s script please indicate it on your order form.

Please note the pureed and minced and moist muffins will be served upon availability for breakfast on Monday and Friday. *Substitutes for breakfast grains can be interchangeable between French Toast, Waffles, or Pancakes if an item is unavailable from the distributor. The menu is subject to change due to ongoing supply chain issues.
*Please remember all Food Allergies and

Restricted Diets must have a physician order per NSLP/USDA. Please note flavored milk is not allowed for preschool children per USDA.