

Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
						1	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Garden Salad: Grill Chicken 2 oz Cheddar Chez 1oz Salad 1 Cup Tomatoes 1/4 C Cucumber 1/4C Raw Carrots 1/4C Bread Stick 2oz Fruit 1 cup Milk 8 oz	2	Yom Kippur School Closed		3	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Tuna Salad 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/4 Cup Cucumber 1/4C WG Onion Rings 10pcs/2oz Fruit 1 cup Milk 1 cup
6	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Hamburger: Beef Patty 2oz/1pc WW Bun 2oz Baked Bean1/2 C French Fries 3/4 C Fruit 1 Cup Milk 1 Cup	7	Turkey Sausage Patty 1.5 oz WG Croissant 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Chicken Tenders 3pcs/3 oz Green Peas 1/2 C Sweet Potato Fries 1/2 Cup WG Bread Stick 1oz/1 pc Fruit 1 cup Milk 1 cup	8	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 4 oz Spinach 1/2 cup Salad 1 cup Diced Tomato 1/4C Cucumber 1/4 cup Fruit 1 cup Milk 1 cup	9	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup 3	Meatballs 3pc/3oz 6” Sub roll Marinara Sce 1/4C Breaded Mozzarella Sticks 5pc/4 oz Tuscan Veggie ¾ cups Fruit 1 cup Milk 8 oz	10	WG French Toast Sticks 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Salad 3oz Wrap/Bread 2oz Salad 1 Cup Tomato 1/4 cup Cucumber 1/4C WG Onion Rings 5pcs/1oz Fruit 1 cup Milk 1 cup
13	Columbus Day School Closed		14	Egg Patty 1 pc/ 1oz Amer Cheese 1pc/0.5oz WG Croissant 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Penne Pasta 3/4c Marinara Sce 1/2C Mozzarella 1 oz Beef Crumble 2oz WG Bread Stick2oz Peas 3/4 cup Fruit 1 cup Milk 8 oz	15	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Lemon Chicken Chicken Strips 2oz Rice 1/2 cup Salad 1 cup Diced Tomato 1/2 Cup Broccoli 1/2C WG Garlic Knot 1oz Fruit 1 cup Milk 1 cup	16	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Salisbury Steak: BeefPatty1pcs/3oz Smiley Potatoes 3/4 cups Gravy 1/2 cup Green Beans 1/2C WG Biscuit 2oz/1 pc Fruit 1 cup Milk 1 cup	17	WG French Toast Sticks 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Slices 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/2 Cup Cucumber 1/4C Garbanzo Bn 1/2C WG Onion Rings 5pcs/1oz Fruit 1 cup Milk 1 cup
20	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Hamburger: Beef Patty 2oz/1pc American Cheese 3 slices/1.5 oz WW Bun 2oz Baked Bean 3/4 C French Fries 3/4 C Fruit 1 Cup Milk 1 Cup	21	Turkey Sausage Patty 1.5 oz WG Croissant 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	Chicken Tenders 3pcs/3 oz Green Peas 3/4 C Sweet Potato Fries 3/4 Cup WG Bread Stick 1oz/1 pc Fruit 1 cup Milk 1 cup	22	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Pizza 4 oz Spinach 1/2 cup Salad 1 cup Diced Tomato 1/4C Cucumber 1/4 cup Fruit 1 cup Milk 1 cup	23	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup 3	Turkey Taco Meat 2 oz Cheese 1.5 oz WG Baked Tortilla Chips 2 oz Mixed Salad 1 C Dice Tomato1/2C Fruit 1 cup Milk 1 Cup	24	WG French Toast Sticks 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Tuna Salad 3oz Wrap/Bread 2oz Green Salad 1 C Tomato 1/4 Cup Cucumber 1/4C Fruit 1 cup Milk 1 cup
27	Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 3 oz. WG Bun 2 oz Roasted Sweet Potato 1/2 Cup Broccoli 1/2 Cup Baked Beans 1/2 C Fruit 1 cup Milk 1 cup	28	Egg Patty 1 pc/ 1oz Amer Cheese 1pc/0.5oz WG Croissant 2 oz Fruit 1/2 cup Milk 1 cup Juice 1/2 cup	WG Ravioli2oz/5pc Meatball 3pcs/2oz Marinara 1/4 cup Green Peas 1/2 cup Salad 1/2 cup Tomato 1/4 cup Cucumber 1/4 cup WG Garlic Knots 2oz Fruit 1 cup Milk 8 oz	29	WG Pancakes 2oz/2 pcs Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Garden Salad: Grill Chicken 2 oz Cheddar Chez 1oz Salad 1 Cup Tomatoes 1/4 C Cucumber 1/4C Raw Carrots 1/4C Bread Stick 2oz Fruit 1 cup Milk 8 oz	30	WG Waffles 2oz/2 pc Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup 3	Meatballs 3pc/3oz 6” Sub roll Marinara Sce 1/4C Breaded Mozzarella Sticks 5pc/4 oz Tuscan Veggie ¾ cups Fruit 1 cup Milk 8 oz	31	WG French Toast Sticks 2oz/2pc Fruit 1 Cup Yogurt 1/2 Cup Milk 1 Cup	Chicken Salad 3oz Wrap/Bread 2oz Salad 1 Cup Tomato 1/4 cup Cucumber 1/4C WG Onion Rings 5pcs/1oz Fruit 1 cup Milk 1 cup

Pillar High School

Return Order by: October 2025

Full Price/Paid				
Date	Breakfast	Lunch		
	\$ 2.10	\$3.25		
1	School	Closed		
2	Yom	Kippur	School	Closed
3				
6				
7				
8				
9				
10				
13	Columbus	Day	School	Closed
12				
15				
16				
17				
18				
19				
22				
23				
24				
25				
26				
29				
30				

Check dates to order meals. Full payment for all meals ordered must accompany this form

Total Breakfasts ____ @ \$2.10 ordered = \$ ____
Total Lunches ____ @ \$3.25 ordered = \$ ____
Total Amount Enclosed \$ ____
Student Name_____
Parent/Guardian Name_____
Teacher Name_____

Breakfast/Lunch Menu –October 2025

MILK IS PROVIDED WITH EACH LUNCH. JUICE IS SERVED AS A FRUIT ALTERNATE. Please note: If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal for that day.

PLEASE USE THE ENVELOPE PROVIDED AND RETURN WITH THE PAYMENT PORTION OF THIS MENU. PLEASE MAKE CHECKS PAYABLE TO PILLAR HIGH SCHOOL. THANK YOU