

Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
									1			2		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
									WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup			Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 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					
5	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	6	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 Croissant 1.5oz Roasted Sweet Potato 1/2 cup Broccoli 1/2 cup Fruit 1/2 cup Milk 1 cup	7	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Peas 3/4 Cup Brown Rice 1/4 Cup Fruit 1/2 Cup Milk 1 Cup Gravy optional	8	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken & Waffles: Chicken Tenders 3pcs/3oz Waffles 2pcs/2oz Monterey Veggie 3/4 cups Fruit 1 cup Milk 8 oz	9	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Sliced Turkey 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 cup Milk 1 cup
12	SCHOOL CLOSED FOR COLUMBUS DAY		13	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 Broccoli 1/2 Cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	14	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 WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	15	WG Waffles 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Black Beans 1/2C Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	16	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
19	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	20	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 Croissant 1.5oz Roasted Sweet Potato 1/2 cup Tuscan Veggie 1/2 cup Fruit 1/2 cup Milk 1 cup	21	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Spaghetti 1 Cup Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Peas 1/2C Fruit 1/2 Cup Milk 1 Cup	22	WG Pancakes 2pcs/2oz 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	23	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Sliced Turkey 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 cup Milk 1 cup
26	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3oz Green Beans 1/2 C Sweet Potato Fries 1/2C Fruit 1/2 cup Milk 1 cup	27	WG French Tst 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 Peas 1/2 Cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	28	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	29	WG Waffles 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Black Beans 1/2C Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	30	Cereal 3/4 Cup WG Muffin 2oz Yogurt 1/2 Cup Fruit 1 Cup Milk 1 Cup	Chicken Salad 2oz WG Bread 2oz Sweet Pot Fries 1/2C Green Salad 1/2 C Tomato 1/4 Cup Cucumber 1/4 Cup Fruit 1/2 Cup Milk 1 Cup

We offer vegetarian options Plant Based Breaded Patty, Veggie Burger and Veggie Crumble.

***Please remember all Food Allergies and Restricted Diets must have a physician order per NSLP/USDA.**

Return Order 2026 October PES K-8 th Grade				
	Paid			
Date	Breakfast	Lunch		
	\$2.20	\$3.35		
1				
2				
5				
6				
7				
8				
9				
12	School	Closed	Columbus	Day
13				
14				
15				
16				
19				
20				
21				
22				
23				
26				
27				
28				
29				
30				

Total Breakfasts ____ @\$2.20 ordered = \$ ____
Total Lunch ____ @\$3.35 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 2026
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 ongoing supply chain issues.

Breakfast	MONDAY	Lunch	Breakfast	TUESDAY	Lunch	Breakfast	WEDNESDAY	Lunch	Breakfast	THURSDAY	Lunch	Breakfast	FRIDAY	Lunch
									1	WG Pancakes 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 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	2	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
5	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	6	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 Croissant 1.5oz Roasted Sweet Potato 1/2 cup Broccoli 1/2 cup Fruit 1/2 cup Milk 1 cup	7	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Chicken Strips 2oz Peas 3/4 Cup Brown Rice 1/4 Cup Fruit 1/2 Cup Milk 1 Cup Gravy optional	8	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken & Waffles: Chicken Tenders 3pcs/3oz Waffles 2pcs/2oz Monterey Veggie 3/4 cups Fruit 1 cup Milk 8 oz	9	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Sliced Turkey 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 cup Milk 1 cup
12	SCHOOL CLOSED FOR COLUMBUS DAY		13	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 Broccoli 1/2 Cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	14	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 WG Bread Stick 1oz Fruit 1/2 Cup Milk 1 Cup	15	WG Waffles 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Black Beans 1/2C Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	16	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
19	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	20	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 Croissant 1.5oz Roasted Sweet Potato 1/2 cup Tuscan Veggie 1/2 cup Fruit 1/2 cup Milk 1 cup	21	Egg Patty 1oz WG Croissant 2 oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	WG Spaghetti 1 Cup Turkey Meatballs 2 oz Marinara Sauce 1/4 C Green Peas 1/2C Fruit 1/2 Cup Milk 1 Cup	22	WG Pancakes 2pcs/2oz 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	23	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Sliced Turkey 2oz WG Bread or Wrap 2oz Sweet Potato Fries 1/2 C Green Beans 1/2 Cup Fruit 1/2 cup Milk 1 cup
26	Cereal 3/4 cup WG Muffin 2 oz Yogurt 1/2 C Fruit 1 cup Milk 1 cup	Chicken Tenders 3pcs/3oz Green Beans 1/2 C Sweet Potato Fries 1/2C Fruit 1/2 cup Milk 1 cup	27	WG French Tst 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 Peas 1/2 Cup WG Biscuit 2 oz Fruit 1/2 cup Milk 1 cup	28	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	29	WG Waffles 2pcs/2oz Fruit 1 cup Yogurt 1/2 cup Milk 1 cup	Turkey Taco Meat 3.5 oz WG Wrap 2.5 oz Black Beans 1/2C Salad 1 Cup Tomato 1/4C Cucumber 1/4C Fruit 1 Cup Milk 1 Cup	30	Cereal 3/4 Cup WG Muffin 2oz Yogurt 1/2 Cup Fruit 1 Cup Milk 1 Cup	Chicken Salad 2oz WG Bread 2oz Sweet Pot Fries 1/2C Green Salad 1/2 C Tomato 1/4 Cup Cucumber 1/4 Cup Fruit 1/2 Cup Milk 1 Cup

We offer vegetarian options Plant Based Breaded Patty, Veggie Burger and Veggie Crumble.C

***Please remember all Food Allergies and Restricted Diets must have a physician order per NSLP/USDA. No Flavored Milk for PreSchool Students per USDA Regulations**

Return Order 2026 October Pre School				
	Paid			
Date	Breakfast	Lunch		
	\$2.20	\$3.35		
1				
2				
5				
6				
7				
8				
9				
12	School	Closed	Columbus	Day
13				
14				
15				
16				
19				
20				
21				
22				
23				
26				
27				
28				
29				
30				

Total Breakfasts ____ @\$2.20 ordered = \$ ____
Total Lunch ____ @\$3.35 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 2026
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