henandoah Community School District

Menu is Subject to cha

## October 2025 5-12 Salad Bar



Romaine Lettuce Romaine Lettuce Romaine Lettuce Spinach Fresh Spinach Fresh Cucumbers Spinach Fresh Cucumbers Cucumbers Red/Green Bell Peppers Red/Green Bell Peppers Red/Green Bell Peppers Apple Orange Apple Orange Apple Orange Tomatoes, Egg Tomatoes, Foo Tomatoes, Fgg Apple, Orange, Raisins Peas Apple, Orange, Raisins Peas Apple, Orange, Raisins Peas Applesauce Applesauce Applesauce Diced Turkey Chicken Diced Turkey Chicken Diced Turkey Chicken Cottage Cheese Cottage Cheese Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons Bell Peppers, Peas, Chickpeas, Croutons Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick w/ Breadstick w/ Breadstick Choice of Milk Choice of Milk Choice of Milk Dessert Pita Chips & Hummus Romaine Lettuce Romaine Lettuce Romaine Lettuce Romaine Lettuce Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Spinach Fresh Cucumbers Red/Green Bell Peppers Spinach Fresh Spinach Fresh Spinach Fresh Cucumbers
Red/Green Bell Peppers Cucumbers Red/Green Bell Peppers Cucumbers
Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas
Applesauce
Diced Turkey Peas
Applesauce
Diced Turkey Peas Peas Peas Applesauce Diced Turkey Applesauce Diced Turkey Applesauce Diced Turkey Chicken Chicken Chicken Chicken Chicken Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Cottage Cheese Bell Peppers, Peas. Bell Peppers, Peas, Bell Peppers, Peas, Bell Peppers, Peas, Bell Peppers, Peas. Chickpeas, Croutons w/ Breadstick Choice of Milk Chickpeas, Croutons w/ Breadstick Choice of Milk Chickpeas, Croutons Chickpeas, Croutons Chickpeas, Croutons w/ Breadstick Choice of Milk w/ Breadstick Choice of Milk w/ Breadstick Choice of Milk Pita Chips & Hummus Dessert Pita Chips & Hummus Romaine Lettuce Spinach Fresh Romaine Lettuce Romaine Lettuce Romaine Lettuce Romaine Lettuce Spinach Fresh Spinach Fresh Spinach Fresh Spinach Fresh Cucumbers Cucumbers Cucumbers Cucumbers Cucumbers Red/Green Bell Peppers
Apple
Orange Red/Green Bell Peppers Apple Red/Green Bell Peppers Apple Red/Green Bell Peppers Apple Red/Green Bell Peppers Apple Orange Orange Orange Orange Tomatoes, Egg Apple, Orange, Raisins Peas Peas Peas Peas Peas Applesauce Diced Turkey Chicken Applesauce Diced Turkey Chicken Applesauce Applesauce Applesauce Diced Turkey Chicken Diced Turkey Chicken Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons Cottage Cheese Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick w/ Breadstick w/ Breadstick w/ Breadstick w/ Breadstick Choice of Milk
Pita Chips & Hummus Choice of Milk Dessert Choice of Milk
Pita Chips & Hummus Choice of Milk Choice of Milk NO SCHOOL TODAY NO SCHOOL TODAY Romaine Lettuce Romaine Lettuce Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Spinach Fresh
Cucumbers
Red/Green Bell Peppers Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Apple Orange Apple Orange Tomatoes, Egg Tomatoes, Egg Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Apple, Orange, Raisins Peas Applesauce Apple, Orange, Raisins Peas Applesauce Diced Turkey Diced Turkey Diced Turkey Chicken Cottage Cheese Chicken Cottage Cheese Chicken Cottage Cheese Bell Peppers, Peas. Bell Peppers, Peas Bell Peppers, Peas. Chickpeas, Croutons w/ Breadstick Chickpeas, Croutons w/ Breadstick Chickpeas, Croutons w/ Breadstick Choice of Milk Choice of Milk Choice of Milk Pita Chips & Hummus Dessert Romaine Lettuce Romaine Lettuce Romaine Lettuce Romaine Lettuce Spinach Fresh Spinach Fresh Spinach Fresh Spinach Fresh Spinach Fresh Cucumhers Cucumbers Cucumbers Cucumbers Cucumbers Red/Green Bell Peppers Apple Apple Orange Apple Apple Apple Orange Tomatoes, Egg Apple, Orange, Raisins Orange Tomatoes, Egg Orange Orange Tomatoes, Egg Apple, Orange, Raisins Tomatoes, Egg Apple, Orange, Raisins Tomatoes, Egg Apple, Orange, Raisins Apple, Orange, Raisins Peas Peas Peas Peas Peas Applesauce Diced Turkey Applesauce Applesauce Diced Turkey Applesauce Diced Turkey Applesauce Diced Turkey Diced Turkey Chicken Chicken Chicken Chicken Chicken Cottage Cheese Bell Peppers, Peas Cottage Cheese Bell Peppers, Peas, Cottage Cheese Cottage Cheese Bell Peppers, Peas Cottage Cheese Bell Peppers, Peas, Bell Peppers, Peas, Chickpeas, Croutons Chickpeas, Croutons Chickpeas, Croutons Chickpeas, Croutons Chickpeas, Croutons w/ Breadstick w/ Breadstick w/ Breadstick w/ Breadstick w/ Breadstick Choice of Milk Pita Chips & Hummus Choice of Milk
Pita Chips & Hummus Choice of Milk Choice of Milk Choice of Milk Dessert

This Institute is an Equal Opportunity Provider

-Low-fat Milk is offered at every meal.

-Salad Bar has choice of one meat choice or cottage cheese

Each Meal has a choice of only one meat/meat alternative (extra meat is .75 cent each)

Pricing: Lunch Jk-4 = \$2.45 / 5-8 = \$2.65 / 9-12 = \$2.85

Adult Lunch = \$4.85

-Pay Child Meal Accounts online at MySchoolBucks.com