



October 2025 5-12 Salad Bar



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Dessert	2 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	3 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk
6 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk	7 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	8 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Dessert	9 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	10 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk
13 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk	14 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	15 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Dessert	16 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	17 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk
20 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk	21 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	22 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Dessert	23 NO SCHOOL TODAY	24 NO SCHOOL TODAY
27 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk	28 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	29 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Dessert	30 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk Pita Chips & Hummus	31 Romaine Lettuce Spinach Fresh Cucumbers Red/Green Bell Peppers Apple Orange Tomatoes, Egg Apple, Orange, Raisins Peas Applesauce Diced Turkey Chicken Cottage Cheese Bell Peppers, Peas, Chickpeas, Croutons w/ Breadstick Choice of Milk

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