


# Menus for October 2025



## Pre K Counts Menu

USDA is an equal opportunity provider and employer. Menus

## ARE YOU READY FOR THIS GUY?



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

**Monday, September 29**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Mini corn dog nuggets  
Rice pilaf  
Baked beans  
Peaches

**Tuesday September, 30**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Pepperoni Stromboli  
Tomato sauce, chickpea salad  
Steamed mixed vegetables  
Applesauce cup

**Wednesday, October 1**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Cheeseburger on wheat bun  
Baked chips  
Lettuce, tomato, dill pickles  
Fruit snacks

**Thursday, October 2**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Chicken nuggets with dip  
French fries  
Steamed green beans  
Apple snack pack

**Friday, October 3**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Chef's choice pizza day  
Doritos  
Side salad with ranch  
Mixed berry cup

**Monday, October 6**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Chicken tenders w/ dip  
Mac and cheese  
Stewed tomatoes  
Cinnamon apple slices

**Tuesday, October 7**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Individual cheese lasagna  
Garlic knots, marinara sauce  
Cooked carrots  
Strawberry cup

**Wednesday, October 8**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

General Tso's Chicken  
White rice  
Steamed broccoli  
Pineapples

**Thursday, October 9**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Brunch for Lunch  
French toast sticks, syrup  
Sausage, hash browns  
Orange smiles

**Friday, October 10**

### Breakfast

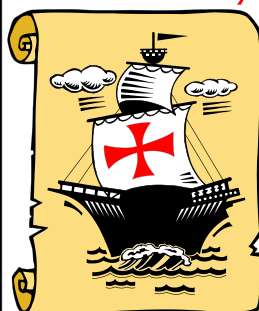
Milk, fruit  
Assorted cereal

### Lunch

Hispanic Heritage Festival!  
Empanada de carne  
Arroz con gandules, tortillas  
Pico de gallo, guacamole  
Ensalada de fruta  
Pastel de chocolate  
Jugo de manzana  
Leche blanco  
Agua

**Monday, October 13**

**Columbus Day**



**No School**

**Tuesday, October 14**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Pizza crunchers w/ sauce  
Goldfish crackers  
Tossed salad with dressing  
Fresh fruit selection

**Wednesday, October 15**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Chicken fajita on tortillas  
Spanish rice, tomato salsa  
Refried beans, sour cream  
Mixed fruit

**Thursday, October 16**

### Breakfast

Milk, fruit  
Assorted cereal

### Lunch

Ham and cheese croissant  
Potato stars  
Steamed green peas  
Applesauce

**Friday, October 17**

### Breakfast

Juice, fruit  
Assorted muffins

### Lunch

Cheese steak hoagie, sauce  
Sun chips  
Grilled onions and peppers  
Side kick fruit ice

# NUTRITION *TO GO*

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

## A QUICK BITE FOR PARENTS

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

# STRANGE BUT TRUE!



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
<b><u>Breakfast</u></b> Milk, fruit Assorted cereal	<b><u>Breakfast</u></b> Juice, fruit Assorted muffins	<b><u>Breakfast</u></b> Milk, fruit Assorted cereal	<b><u>Breakfast</u></b> Juice, fruit Assorted muffins	<b><u>Breakfast</u></b> Milk, fruit Assorted cereal
<b><u>Lunch</u></b> Popcorn chicken bowl Mashed potatoes, gravy Buttered corn, dinner roll School cookie	<b><u>Lunch</u></b> Pulled pork BBQ sandwich Tater tots Steamed green beans Graham crackers	<b><u>Lunch</u></b> Sweet and sour chicken White rice Bright green broccoli Mandarin oranges	<b><u>Lunch</u></b> Turkey and cheese hoagie Baked chips Lettuce, tomato, pickles Pears	<b><u>Lunch</u></b> Beef BBQ rib patty Buttered noodles Hot cooked peas and carrots Ice cream treat
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
<b><u>Breakfast</u></b> Juice, fruit Assorted muffins	<b><u>Breakfast</u></b> Milk, fruit Assorted cereal	<b><u>Breakfast</u></b> Juice, fruit Assorted muffins	<b><u>Breakfast</u></b> Milk, fruit Assorted cereal	<b><u>Breakfast</u></b> Juice, fruit Assorted muffins
<b><u>Lunch</u></b> Meatball hoagie with sauce Snack bag Steamed carrots Pineapples	<b><u>Lunch</u></b> Chicken parmesan Garlic bread stick, salad Pasta in tomato sauce Fruit salad	<b><u>Lunch</u></b> Buffalo chicken salad Kaiser Snack bag Lettuce, tomato, pickles Whole wheat doughnut	<b><u>Lunch</u></b> Hot dog on wheat bun Mac and cheese Baked beans Fresh fruit selection	<b><u>Lunch</u></b> Max cheese filled sticks Marinara sauce Pretzels, peas Peaches and cream