

OCTOBER 2026

NSLP Lunch Menu

MONDAY

6 Mini Chicken Corn Dogs
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Stir Fry Vegetables
4 oz. Peaches
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

5 3 oz. **HM** Beef Tamale Pie
2 oz. **WG** Cornbread
8 oz. Fiesta Black Beans
4 oz. Peaches
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

12 2 oz. Beef Cheeseburger
2 oz. **WG** Bun
8 oz. Waffle Fries
4 oz. Peaches
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

19 10 oz. Turkey Pot Roast w. Gravy
2 oz. **WG** Cornbread
10 oz. Roasted Sweet Potato
4 oz. Peaches
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

26 6 Mini Chicken Corn Dogs
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Stir Fry Vegetables
4 oz. Peaches
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

TUESDAY

3 oz. Meatloaf (with gravy)
2 oz. **WG** Biscuit
10 oz. Sweet Potato Mash
4 oz. Fruit Cocktail
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

6 5 each Baked Chicken Nuggets
(1 oz. **WG**, 2 oz. **M/MA**)
1 oz. **WG** Dinner Roll
8 oz. Green Beans
4 oz. Fruit Cocktail
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

13 2 oz. Sliced Beef Frank
2 oz. **WG** Cornbread
8 oz. Baked Beans
4 oz. Fruit Cocktail
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

20 Deep Dish Cheese Pizza
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Broccoli
4 oz. Fruit Cocktail
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

27 3 oz. Meatloaf (with gravy)
2 oz. **WG** Biscuit
10 oz. Sweet Potato Mash
4 oz. Fruit Cocktail
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

WEDNESDAY

5 Cheese Lasagna Roll
(1 oz. **WG**, 2 oz. **M/MA**)
With **HM** Tomato Sauce
1 oz. **WG** Breadstick
8 oz. Spinach
4 oz. Tropical Fruit
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

7 Cheese Quesadilla
(2 oz. **WG**, 2 oz. **M/MA**)
10 oz. Carrots
4 oz. Tropical Fruit
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

14 3 oz. General Tso Chicken
8 oz. Fried Brown Rice
8 oz. Stir Fry Vegetables
4 oz. Tropical Fruit
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

21 Chicken Patty Sandwich
(1 oz. **WG**, 2 oz. **M/MA**)
2 oz. **WG** Bun
8 oz. Waffle Fries
4 oz. Tropical Fruit
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

28 5 Cheese Lasagna Roll
(1 oz. **WG**, 2 oz. **M/MA**)
With **HM** Tomato Sauce
1 oz. **WG** Breadstick
8 oz. Spinach
4 oz. Tropical Fruit
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

THURSDAY

1 5 oz. Red Chili Cheese Burrito
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. **HM** Corn and Peppers
4 oz. Mandarin Oranges
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

8 Beef Pepperoni Calzone
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Broccoli
4 oz. Mandarin Oranges
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

15 3 oz. Swedish Meatballs and Gravy
5 oz. **WG** Spätzle
10 oz. Carrot
4 oz. Mandarin Oranges
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

22 4 oz. **HM** Walking Taco
2 oz. **WG** Tortilla Chips
8 oz. Fiesta Black Beans
4 oz. Mandarin Oranges
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

29 5 oz. Red Chili Cheese Burrito
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. **HM** Corn and Peppers
4 oz. Mandarin Oranges
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

FRIDAY

2 Grilled Cheese Sandwich
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Baked Beans
4 oz. Pears
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

9 10 oz. Penne Alfredo
(1 oz. **WG**, 2 oz. **M/MA**)
1 oz. **WG** Breadstick
8 oz. Sweet Peas
4 oz. Pears
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

16 Tex-Mex Tostada (1 oz. **WG**, 2 oz. **M/MA**)
1 oz. **WG** Cornbread
8 oz. Spinach Salad
4 oz. Pears
4 oz. Juice / Alt. Fruit Bar

23 12 oz. **WG** Macaroni and Cheese
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Green Beans
4 oz. Pears
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

30 Grilled Cheese Sandwich
(2 oz. **WG**, 2 oz. **M/MA**)
8 oz. Baked Beans
4 oz. Pears
4 oz. Juice / Alt. Fruit Bar
8 oz. Milk

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1% white milk Fat Free chocolate milk offered. Nutrient content and ingredients are available upon request. No pork or nut products offered.