



veg = Vegetarian

🌿 = Vegan

# October Supper 2025

## Fruit and Vegetables offered daily:

M: Fruit Bowl & Seasoned Beans

T: Assorted Fruit Cups & Baby Carrots

W: Fruit Bowl & Side Salad

Th: Assorted Fruit Cups & Baby Carrots

F: Fruit Bowl & Spicy Cucumber

Monday

Tuesday

Wednesday

Thursday

Friday

LM

FALL BREAK

veg Bean and Cheese  
Burrito  
w/WG Tortilla

veg Fruit & Yogurt  
Parfait  
w/WG Granola

veg Cheese Pizza  
Crunchers

Chicken Tamale  
& Beans

W1

Corndog

veg Bean and Cheese  
Burrito  
w/WG Tortilla

veg Fruit & Yogurt  
Parfait  
w/WG Granola

veg Cheese Pizza  
Crunchers

Chicken Tamale  
& Beans

W2

Corndog

veg Bean and Cheese  
Burrito  
w/WG Tortilla

veg Fruit & Yogurt  
Parfait  
w/WG Granola

veg Cheese Pizza  
Crunchers

Chicken Tamale  
& Beans

W3

Corndog

veg Bean and Cheese  
Burrito  
w/WG Tortilla

veg Fruit & Yogurt  
Parfait  
w/WG Granola

veg Cheese Pizza  
Crunchers

Chicken Tamale  
& Beans

All meals include the following components: Grain, Meat or Meat Alternative, Fruit, Vegetable, and Milk. Students must select 3 out of the 5 components offered, with one component being a fruit or vegetable.

\*The whole grain option may consist of chips, crackers, a roll, or a pretzel.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk: 1% Low-fat White Milk, and Nonfat Chocolate Milk offered daily with each meal. All milk is locally sourced and rBST hormone free.

\*\* Milk is NOT required with Meals\*\*

This institution is an equal opportunity provider.

**\*\*Please see the Site Supervisor to request a specific allergen free menu\*\***