

# NSLP Lunch

## October 2026

Choice of unflavored 1% milk or flavored fat-free

| Monday                                                                                                      | Tuesday                                                                                                                   | Wednesday                                                                                                                       | Thursday                                                                                                                                 | Friday                                                                                                                         |
|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                             |                                                                                                                           |                                                                                                                                 | 1<br>MEATLOAF<br>CORN<br>BROWN RICE<br>100% FRUIT JUICE<br>CHOICE OF MILK (WHITE/CHOC)                                                   | 2<br>SOUTHWEST CHICKEN BOWL w/<br>BLACK BEANS<br>PEPPERS & ONIONS<br>BROWN RICE<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE/CHOC)  |
| 5<br>WG GRILLED CHICKEN<br>QUESADILLA<br>BLACK BEANS<br>SALSA<br>FRESH APPLE<br>CHOICE OF MILK (WHITE/CHOC) | 6<br>CHICKEN TENDERS<br>MASHED POTATOES<br>GRAVY<br>WG BUN<br>MIXED FRUIT<br>CHOICE OF MILK (WHITE/CHOC)                  | 7<br>BBQ CHICKEN<br>BAKED BEANS<br>WG CORNBREAD<br>MANGO & PAPAYA<br>CHOICE OF MILK (WHITE/CHOC)                                | 8<br>WG SPAGHETTI w/ MEAT SAUCE &<br>MARINARA SAUCE<br>PARMESAN CHEESE<br>SLICED CARROTS<br>ORANGE WEDGES<br>CHOICE OF MILK (WHITE/CHOC) | 9<br>POPCORN CHICKEN<br>GARDEN SALAD (Spinach, Romaine,<br>Diced Tomatoes)<br>APPLE SLICES<br>WHEAT CRACKERS<br>CHOICE OF MILK |
| 12<br>GRILLED CHEESE<br>BABY CARROTS<br>APPLE SLICES<br>CHOICE OF MILK (WHITE/CHOC)                         | 13<br>WG CHICKEN SANDWICH<br>ROASTED POTATOES<br>MANDARIN ORANGES<br>CHOICE OF MILK (WHITE/CHOC)                          | 14<br>CHICKEN FAJITA BOWL<br>BLACK BEANS<br>PEPPER, ONIONS<br>YELLOW BROWN RICE<br>ORANGE WEDGES<br>CHOICE OF MILK (WHITE/CHOC) | 15<br>SLOPPY JOE<br>WG BUN<br>CORN<br>GRAPES<br>CHOICE OF MILK (WHITE/CHOC)                                                              | 16<br>CHEESE CALZONES<br>MARINARA SAUCE<br>SPINACH & TOMATO SALAD<br>PINEAPPLES<br>CHOICE OF MILK (WHITE/CHOC)                 |
| 19<br>BAKED LASAGNA<br>MARINARA SAUCE<br>SLICED CARROTS<br>100% JUICE<br>CHOICE OF MILK (WHITE/CHOC)        | 20<br>WG MEATBALL SUB<br>MOZZARELLA CHEESE<br>ROASTED SWEET POTATOES<br>TROPICAL FRUIT CUP<br>CHOICE OF MILK (WHITE/CHOC) | 21<br>WG CHICKEN ALFREDO w/ PASTA<br>SPINACH, ROMAINE, & DICED<br>TOMATO<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE/CHOC)          | 22<br>MEATLOAF<br>CORN<br>BROWN RICE<br>100% FRUIT JUICE<br>CHOICE OF MILK (WHITE/CHOC)                                                  | 23<br>SOUTHWEST CHICKEN BOWL w/<br>BLACK BEANS<br>PEPPERS & ONIONS<br>BROWN RICE<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE/CHOC) |
| 26<br>MAC & CHEESE<br>BROCCOLI<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE<br>CHOC)                             | 27<br>HONEY BOO BONELESS WINGS<br>SWEET POTATOES<br>CORNBREAD<br>MIXED FRUIT CUP<br>CHOICE OF MILK (WHITE<br>CHOC)        | 28<br>CAJUN CHICKEN<br>RED BEANS<br>WG BROWN RICE<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE<br>CHOC)                              | 29<br>ORANGE CHICKEN<br>WG RICE<br>PEAS & CARROTS<br>100% JUICE<br>CHOICE OF MILK (WHITE<br>CHOC)                                        | 30<br>WG BBQ CHICKEN SANDWICH<br>BAKED FRIES<br>FRESH FRUIT<br>CHOICE OF MILK (WHITE<br>CHOC)                                  |