

October 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Breakfast 7:15-8:00 Items include, Cereal, fruit, milk. Other grains available are muffins, buns, breads etc. <i>Breakfast Free</i>	Apple or Orange available everyday as a Fruit Substitute	Raw fresh carrots available daily as vegetable substitute.	1 Spaghetti W/Meat Sauce Garlic Bread Toss Salad Mix Fruit/Milk	2 Hot Dog On a Roll Mac n Cheese Corn Applesauce/Milk	3 Pepperoni or Cheese Pizza Veggie Sticks Fresh Fruit Milk	4 
5 Alternate Lunch available daily: PBJ, Ham, Turkey. Egg or Tuna Sandwich w/Veggie, Fruit & Milk Also Chef Salad	6 Eat your noodle Day! Chicken Patty On a Roll Buttered Noodles Baked Beans Peaches/Milk	7 Nachos W/Meat & Cheese Broccoli Pears Milk	8 Mac n Cheese Dinner Roll* Corn Mix Fruit Milk	9 French Toast Sausage Hash Brown Potatoes Mixed Berries Milk	10 Chicken Noodle Soup Grilled Cheese Sandwich Carrot/Celery Sticks Applesauce/Milk	11 Student Lunch Free Adults \$5.75
12 Milk included with all lunches. Choice of White Skim, White 1% or FF Chocolate. <i>Extra milk \$.75</i>	13 Indigenous Peoples Day! No School!	14 National Dessert Day! Chicken Nuggets Buttered Noodles Corn Peaches/Milk	15 Chicken Alfredo Over Rotini Broccoli *Dinner Roll Pears/Milk	16 Pepperoni or Cheese Pizza Veggie Sticks Applesauce Milk	17 Staff Development No Students!	18
19 <i>Any questions may be directed to sbushey@setonknights.org</i>	20 Cheeseburgers French Fries Baked Beans Peaches/Milk	21 Sloppy Joe On a Roll Corn Pears/Milk	22 Spaghetti W/Meat Sauce Garlic Bread Toss Salad Mixed Fruit/Milk	23 Teriyaki Chicken Over WG Rice Broccoli Applesauce Milk	24 Chicken Noodle Soup Grilled Cheese Veggie Sticks Fresh Fruit/Milk	25 Menu subject to change without notice!
26 This institution is an Equal Opportunity Provider and Employer!	27 National Potato Day! Shepards' Pie WG Roll Green Beans Applesauce/Milk	28 National Chocolate Day! Pretzel W/Cheese Sauce Broccoli Pears /Milk	29 Goulash Carrots Roll Mixed Fruit Milk	30 Chicken Patty On a Roll Buttered Noodles Baked Beans Peaches/Milk	31 Pepperoni or Cheese Pizza Veggie Sticks Fresh Fruit Milk	