

St. Christopher Lunch Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.		1 Cougar Bagel Egg Patty with Cheese Hash Brown Patty Brunch for Lunch	2 Turkey Corn Dog Tossed Salad (Romaine lettuce) Cherry Tomatoes	3 Tortellini in Sauce Breadstick Seasoned Green Beans
6 Big Daddy's Pizza Seasoned Green Beans	7 Beef Taco Salsa Corn Niblets TACO TUESDAY	8 Tangerine Chicken Rice Bowl Roasted Broccoli	9 Three Cheese Calzone Chef Salad Garbanzo Beans	10 No School! 
13  Columbus Day NO School	14 Chicken Nuggets Dinner Roll Cauliflower Florets	15 Burger Sliders Cheesy Potatoes	16 Oven Roasted Chicken Soft Pretzel Caesar Salad Cucumber Coins	17 Mini Pancakes Egg Patty Maple Syrup Glazed Carrots Brunch for Lunch
20 French Bread Pizza Roasted Broccoli	21 Chicken Quesdilla Shredded Cheddar Cheese Seasoned Pinto Beans TACO TUESDAY	22 Cheese Ravioli Dinner Roll Glazed Carrots	23 Crispy Chicken Patty on a Roll Roasted Brussels Sprouts	24 French Toast Sticks Maple Syrup Turkey Sausage Tater Tots Brunch for Lunch
27 Stuffed Crust Pizza Seasoned Spinach	28 Chicken & Cheese Empanada Refried Beans Salsa TACO TUESDAY	29 Lasagna Roll Up Spaghetti Sauce Seasoned Breadstick Seasoned Spinach	30 Cougar Burger Lettuce & Tomato Tater Tots	31  HAPPY HALLOWEEN

Offered Daily:

*Either Hummus Meal **OR** Fruit and Yogurt Platter, Chicken Nuggets, Sun Butter & Jelly Sandwich, Upstate Skim Chocolate Milk or Upstate 1% Milk Canned or Fresh Fruit*

WHAT IS IN A LUNCH???

Milk, Meat/Meat Alternate, Vegetables, Fruits, and Grains.

Students MAY take all 5 items but MUST take 3 items including 1/2 cup fruit or vegetables.