



Lunch Menus for October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Corn Dog Puffs Yogurt Power Packs or Turkey Sandwich Tater Tots Cheesy Broccoli Fresh Grapes Lowfat or Fat Free Milk	October 2 Chicken Parm Sandwich Yogurt Power Packs or Turkey Sandwich Sweet Corn Side Salad Fresh Banana Low-fat or Fat Free Milk	October 3 Pizza Choice Yogurt Power Pack or Turkey Sandwich Peas and Carrots Grape Tomatoes Kiwi Strawberry Slushie Lowfat or Fat Free Milk
October 6 Country Fried Chicken Yogurt Power Pack or Turkey Sandwich Mashed Potatoes w/ Gravy Green Beans Fresh Pear Lowfat or Fat Free Milk	October 7 Walking Taco Yogurt Power Pack or Turkey Sandwich Ranch Style Pintos Side Salad Apple Slices Lowfat or Fat Free Milk	October 8 Cheeseburger Yogurt Power Pack or Turkey Sandwich Potato Wedges Cucumber Slices Fresh Banana Lowfat or Fat Free Milk	October 9 Chicken Melt on Croissant Yogurt Power Pack or Turkey Sandwich Tater Tots Carrot Dippers w Ranch Fresh Orange Lowfat or Fat Free Milk	October 10 <div>NO SCHOOL</div>
October 13 Grilled Chicken Sandwich Yogurt Power Pack or Turkey Sandwich Sweet Potato Waffle Fries Steamed Broccoli Pickle Chips Apple Slices Lowfat or Fat Free Milk	October 14 Loaded Nachos Yogurt Power Packs Or Turkey Sandwich Mexican Roasted Corn Caesar Salad Fresh Banana Lowfat or Fat Free Milk	October 15 Frech Toast Sticks Yogurt Power Pack or Turkey Sandwich Cinnamon Roasted Carrots Tater Tots Orange Slices Lowfat or Fat Free Milk	October 16 Pulled BBQ Chicken Yogurt Power Packs or Turkey Sandwich Potato Wedge Baked Beans Creamy Cole Slaw Fresh Grapes Lowfat or Fat Free Milk	October 17 Pizza Choice Yogurt Power Pack or Turkey Sandwich Green Beans Carrot Dippers w/Ranch Fruit Slushie Lowfat or Fat Free Milk
October 20 Beef Pepperoni Calzone Yogurt Power Packs or Turkey Sandwich Italian Blend Vegetables Sweet Corn Fresh Grapes Lowfat or Fat Free Milk	October 21 Chicken Quesadilla Yogurt Power Packs or Turkey Sandwich Fiesta Black Beans Roasted Onion and Peppers Cilantro Lime Rice Fruit Cup Lowfat or Fat Free Milk	October 22 Meatball Sub Yogurt Power Pack or Turkey Sandwich Potato Wedges Green Beans Orange Slices Lowfat or Fat Free Milk	October 23 Chicken And Waffle Bites Whole Grain Waffle Yogurt Power Pack or Turkey Sandwich Roasted Sweet Potatoes Side Salad Fresh Banana Lowfat or Fat Free Milk	October 24 Pizza Choice Yogurt Power Pack or Turkey Sandwich Green Peas Carrot Dippers Blue Raspberry Slushie Lowfat or Fat Free Milk
October 27 Mozzarella Sticks Yogurt Power Pack or Turkey Sandwich Green Beans Caesar Salad Apple Slices Lowfat or Fat Free Milk	October 28 Baked Chicken Yogurt Power Pack or Turkey Sandwich Cheesy Broccoli Baked Beans Dinner Rolls Fresh Pear Fruit Lowfat or Fat Free Milk	October 29 Sloppy Joes Yogurt Power Pack or Turkey Sandwich Tater Tots Cole Slaw Fresh Banana Lowfat or Fat Free Milk	October 30 Penne Pasta w Meat sauce Yogurt Power Pack or Turkey Sandwich Steamed Corn Side Salad Garlic Bread Lowfat or Fat Free Milk	October 31 <div>NO SCHOOL</div>

Families Making the Connection

Taste the World with School Lunch

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is "Taste the World with School Lunch". Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2025 and all month, let's recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.



Breakfast Menus for October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		October 1 Apple Frudel Cereal Choice Fresh Fruit Assorted juice Lowfat or Fat Free Milk	October 2 French Toast Sticks Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 3 Whole Grain Honey Bun Cereal Choice Fresh Fruit Lowfat or Fat Free Milk
October 6 Mini Waffles Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 7 Egg and Cheese Omelet Sausage Patty Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 8 Chicken Biscuit Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 9 Buttermilk Pancakes Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 10 NO SCHOOL
October 13 WG Blueberry Doughnuts Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 14 French Toast Sticks Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 15 Bacon ,Egg,& Cheese Biscuit Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 16 Sausage ,Egg &Cheese Scrambler Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 17 Banana Muffin Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk
October 20 Pancake Wrap Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 21 Chocolate Chip Frech Toast Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 22 Sausage Biscuit Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 23 Blueberry Muffin Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 24 Whole Grain Honey Bun Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk
October 27 Blueberry Pancake Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 28 Whole Grain Waffle Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 29 Chicken Biscuit Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 30 Fruit and Yogurt Parfait Cereal Choice Fresh Fruit Assorted Juice Lowfat or Fat Free Milk	October 31 NO SCHOOL

Families Making the Connection

Taste the World with School Lunch

Did you know October 13-17 is National School Lunch Week? The #NSLW2025 theme is “Taste the World with School Lunch”. Students can explore a world of flavors and foods and be ready for their next adventure by eating school lunch. School meals help students succeed in and out of the classroom.

School lunch offers students choices of whole grains, fruits, vegetables, lean proteins, and milk to fuel their day. Students who eat school meals have more focus in class and better test scores.

During NSLW, School Nutrition professionals, school staff and students will find ways to celebrate with their schools and districts through special menus, events, activities, and more. The 2025 NSLW theme allows schools to have fun, be creative, and highlight school meals and their local School Nutrition Programs.

For #NSLW2025 and all month, let’s recognize our amazing, dedicated #NCSchoolNutritionHeroes for providing appealing, nutritious meals with a kind word, thank you note, social media post, etc. **Nutrilink:** For more info about school meals and NSLW, go to www.schoolnutrition.org.