

October 2026 St Rose School Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Leaves change color in October primarily due to decreased sunlight, which causes chlorophyll to break down and reveal red, orange, and yellow pigments.

5
Chicken Poppers
w/Dipping Sauce

Sweet Potato Fries

Green Beans

6
BRUNCH FOR LUNCH
Breakfast Sandwich
(Egg, Cheese, Vegan
Sausage)

Hash Brown Starz
100% Veg/Fruit Juice

7
All Beef Hot Dog

Baked Beans

Carrots/Celery w/Dip

1
Walking Taco w/
salsa and sour cream

Seasoned Corn

Refried Beans

2
Mini Pizza Bagels

Tossed Salad w/
Dressing

Roasted Broccoli

9
No Lunch

½ Day of School

12
No School

13
No School

14
Hot Meatball Sub

Green Beans

Seasoned Carrots

15
Orange Chicken/
Brown Rice Bowl

Veggie Egg Roll

Cucumber Slices w/
Dip or Hummus

16
Personal Pan Pizza

Tossed Salad w/
Dressing

Steamed Broccoli

19
Snack Attack Basket
(Boneless
Wings/Mozz Sticks)
Onion Rings
Carrots & Celery
w/Dip or Hummus

20
Macaroni & Cheese

Green Peas

Steamed Carrots

21
BBQ Rib Sandwich

Sweet Potato Fries

Green Beans

22
Soft Beef Taco
w/Lettuce, Cheese,
Salsa, Sour Cream

Seasoned Corn
Edamame
Churros

23
Buffalo Chicken Pizza

Tossed Salad w/
Dressing

Roasted Broccoli

26
BRUNCH FOR LUNCH
French Toast Sticks
Chicken Sausage Patties

Hash Brown STARZ
Steamed Carrots

27
Pizza Crunchers w/
Marinara Sauce

Cucumber Slices w/
Dip or Hummus

Green Beans

28
Mini Chicken Sliders

Baked Beans

Baby Carrots w/ Dip

29
Rotini w/Meat Sauce

Texas Toast

Sweet Peas
Green Pepper Strips w/
Dip

30
Homemade Cheese
Pizza

Tossed Salad w/
Dressing

Steamed Broccoli

A La Carte

Daily - Yogurt Meal
UnCrustable Sandwich

A variety of fruits are available
daily.

Enjoy a meatless meal on
Tuesdays.

Breakfast and lunch are free for all
students.

Menu is subject to change.

NSCSD is an equal opportunity
employer and provider

School Info

Shortened Day:
Friday, October 9

No School:
Monday, October 12
Tuesday, October 13

Fun Fact

Potatoes were the first
vegetable to be grown in
space.

In October 1995, NASA and a
university in the US
collaborated to help grow the
first ever veggie in space – a
potato!