Elementary Breakfast October - 2025

	7	1 Wednesday ENTREE Cold Cereal Breakfast Churro FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	Thursday ENTREE Cold Cereal Waffles Sausage Link FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	3 Friday ENTREE • Cold Cereal • Pumpkin WG Bread • Yogurt Parfait FRUIT • Fruit • Fruit MILK • Chocolate Milk • Milk, 1% Low Fat
6 Manday	/ Tuesday	8 Wadnasday	9 Thursday	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal Breakfast Pizza FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Breakfast Bar Scrambled Eggs FRUIT Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Whole Grain French Toast Sticks FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Pancakes Sausage Link FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Sausage, Egg and Cheese Calzone FRUIT Fruit Fruit VEGETABLE Hash Browns MILK Chocolate Milk Milk, 1% Low Fat
13	14	15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal Breakfast Burrito FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Whole Grain Donut Hole FRUIT Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Blueberry Muffin FRUIT Fruit Fruit Chocolate Milk Milk Milk Milk Milk Milk Milk Milk	Fall Break	Fall Break

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	DESSERT • Yogurt	DESSERTAssorted Greek Yogurt		
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal Bacon, 2 each Scrambled Eggs FRUIT Fruit Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Sausage Egg and Cheese Tornado FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Blueberry Muffin FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat DESSERT Assorted Greek Yogurt	ENTREE Cold Cereal Pancake Sausage Stick FRUIT Fruit Fruit Chocolate Milk Milk Milk Milk Low Fat	ENTREE Cold Cereal Cinnamon Cream Cheese Filled Bagel FRUIT Fruit Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal Bacon, 2 each Scrambled Eggs FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Donut Holes, Whole Grain FRUIT Fruit Fruit KILK Chocolate Milk Milk, 1% Low Fat DESSERT Yogurt	ENTREE Cold Cereal Breakfast Churro FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Waffles Sausage Link FRUIT Fruit Fruit Cruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Pumpkin WG Bread Yogurt Parfait FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat

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Secondary School Breakfast October - 2025

			T	
		1	2	3
		Wednesday	Thursday	Friday
		ENTREE	ENTREE	ENTREE
		Cold Cereal	Cold Cereal	Cold Cereal
		Breakfast Churro	Pumpkin WG Bread	Waffles
		FRUIT	Yogurt Parfait	Sausage Link
		• Fruit	FRUIT	FRUIT
		Fruit	• Fruit	Fruit
		MILK	• Fruit	Fruit
		Chocolate Milk	MILK	MILK
		Milk, 1% Low Fat	Chocolate Milk	Chocolate Milk
			Milk, 1% Low Fat	Milk, 1% Low Fat
6	7	8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal	Cold Cereal
Breakfast Bar	Breakfast Pizza	Whole Grain French Toast Sticks	Pancakes	Sausage, Egg and Cheese Calzone
Scrambled Eggs	FRUIT	FRUIT	Sausage Link	FRUIT
FRUIT	• Fruit	• Fruit	FRUIT	• Fruit
• Fruit	• Fruit	• Fruit	• Fruit	• Fruit
• Fruit	MILK	MILK	• Fruit	VEGETABLE
MILK	Chocolate Milk	Chocolate Milk	MILK	Hash Browns
Chocolate Milk	Milk, 1% Low Fat	Milk, 1% Low Fat	Chocolate Milk	MILK
 Milk, 1% Low Fat 	,	, and the second	Milk, 1% Low Fat	Chocolate Milk
				Milk, 1% Low Fat
13	14	15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
		-	Thursday	Filday
ENTREE	ENTREE	ENTREE	Fall Break	Fall Break
Cold Cereal	Cold Cereal	Cold Cereal	ran break	ган вгеак
Whole Grain Donut Hole	Sausage Egg and Cheese Tornado DELIKE	• French Toast Sticks, Whole Grain		
FRUIT	FRUIT	FRUIT		
• Fruit	• Fruit	• Fruit		
• Fruit	• Fruit	Assorted Fruit Juice MEGETA DI F		
MILK	MILK	VEGETABLE		
Chocolate Milk N:!! 10/ I F	Chocolate Milk Mills 10/ I F / F / F / F / F / F / F / F / F /	Hash Browns		
Milk, 1% Low Fat	Milk, 1% Low Fat	MILK		

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DESSERT		Chocolate Milk		
Yogurt		Milk, 1% Low Fat		
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal French Toast Sausage Tornado FRUIT Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Breakfast Pizza FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Blueberry Muffin FRUIT Fruit Fruit Chocolate Milk Milk Milk, 1% Low Fat DESSERT Assorted Greek Yogurt	ENTREE Cold Cereal Pancake Sausage Stick FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Cinnamon Cream Cheese Filled Bagel FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Cold Cereal Donut Holes, Whole Grain FRUIT Fruit Fruit MILK Chocolate Milk Milk, 1% Low Fat DESSERT Yogurt	ENTREE Cold Cereal Bacon, 2 each Scrambled Eggs FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Breakfast Churro FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Pumpkin WG Bread Yogurt Parfait FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat	ENTREE Cold Cereal Waffles Sausage Link FRUIT Fruit Fruit Chocolate Milk Milk, 1% Low Fat

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MES Lunch (Main Line), October - 2025

		1	2	3
			Thursday	Friday
		ENTREE	ENTREE	ENTREE
		Pancakes	• Deep Dish Pepperoni Pizza, whole grain	Grilled Cheese Sandwich
			FRUIT	FRUIT
		FRUIT	• Apples	Assorted Fruit Juice
		Assorted Fruit Juice	• Pineapple	Mixed Berry Cup
		Strawberries	VEGETABLE	VEGETABLE
		VEGETABLE	• Cucumber	Broccoli, Fresh
		Baby Carrots	Green Salad	Shoestring Fries
		Hash Browns	• Tomato, Cherry	MILK
		MILK	MILK	Chocolate Milk
		Chocolate Milk	Chocolate Milk	Milk, 1% Low Fat
		•	• Milk, 1% Low Fat	DESSERT
			DESSERT	Creamie
		Yogurt	Chocolate Chip Cookie	
6 7		8	9	10
Monday Tu	uesday	Wednesday	Thursday	Friday
ENTREE EN	NTREE	ENTREE	ENTREE	ENTREE
Corn Dog, Whole Grain •	Italian Dunkers	Orange Chicken	Papa Murphy's Pizza, Elementary	Macaroni and Cheese
	RUIT	FRUIT	FRUIT	FRUIT
Assorted Fruit Juice	Pears		• Apples	Blueberries
1	Mandarin Oranges	• Peaches	• Pineapple	Strawberries
1	EGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
1	Broccoli, Fresh	• Edamame	• Cucumber	Broccoli, Fresh
1 1	IILK	Broccoli Normandy	Green Salad	Glazed Carrots
1		GRAIN	• Tomato, Cherry	GRAIN
1	Milk, 1% Low Fat		MILK	Cheesy Garlic Breadstick, Whole Grain
/	ESSERT	MILK	Chocolate Milk	MILK
	Fruit Snack		• Milk, 1% Low Fat	Chocolate Milk
• 100 % fruit juice		,	DESSERT	• Milk, 1% Low Fat
			Cookie Dough	DESSERT
		Fortune Cookie		Chocolate Grapefruit Cake
13	4	15	16	17
		l		l
Monday Tu	uesday	Wednesday	Thursday	Friday

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0/1/25, 8:51 AM		SchoolCate	- School Menus	
•	 Nachos FRUIT Pears Mandarin Oranges VEGETABLE Corn Black Beans MILK 	 French Toast Sticks, Whole Grain Sausage Link FRUIT Assorted Fruit Juice Strawberries VEGETABLE Sweet Potato Puffs Hash Browns 		Fall Break
WG Dinner RollMILKChocolate Milk	 Chocolate Milk Milk, 1% Low Fat DESSERT Creamie 	 Hash Browns MILK Chocolate Milk Milk, 1% Low Fat DESSERT Oatmeal Cookie 		
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
FRUIT Applesauce Peaches VEGETABLE Green Beans Mashed Potatoes GRAIN WG Dinner Roll MILK Chocolate Milk	ENTREE Cowboy Lasagna FRUIT Pears Mandarin Oranges VEGETABLE Baby Carrots Green Peas GRAIN Cheesy Garlic Breadstick, Whole Grain MILK Chocolate Milk Milk, 1% Low Fat DESSERT Snack Pack Pudding, Vanilla	ENTREE • Mini Corndogs, Whole grain FRUIT • Assorted Fruit Juice • Pears VEGETABLE • Baked Beans • Crinkle Fries MILK • Chocolate Milk • Milk, 1% Low Fat DESSERT • Whole Grain Pumpkin Cookie	ENTREE Deep Dish Pepperoni Pizza, whole grain FRUIT Apples Pineapple VEGETABLE Cucumber Green Salad Tomato, Cherry MILK Chocolate Milk Milk, 1% Low Fat DESSERT Double Chocolate Chip Cookie	ENTREE Chicken Tenders, Whole Grain FRUIT Orange, Fresh Strawberries VEGETABLE Broccoli, Fresh Shoestring Fries MILK Chocolate Milk Milk, 1% Low Fat DESSERT White Cake
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Chicken Drumsticks FRUIT Applesauce Peaches VEGETABLE Green Beans Mashed Potatoes GRAIN WG Dinner Roll MILK	ENTREE Baked Potato FRUIT Pears Mandarin Oranges VEGETABLE Broccoli, Fresh MILK Chocolate Milk Milk, 1% Low Fat DESSERT	ENTREE Pancake Sausage Stick FRUIT Assorted Fruit Juice Strawberries VEGETABLE Sweet Potato Puffs Hash Browns MILK Chocolate Milk Milk, 1% Low Fat	ENTREE • Mini Calzone FRUIT • Apples • Pineapple VEGETABLE • Cucumber • Green Salad • Tomato, Cherry MILK • Chocolate Milk	ENTREE Chicken Sandwich FRUIT Fruit Cocktail Orange, Fresh VEGETABLE Baked Beans Carrot and Celery Cup Lettuce, Shredded, 1/8", Fresh Waffle Fries MILK
Chocolate MilkMilk, 1% Low Fat	Graham Cracker Snacks	DESSERTYogurt	Milk, 1% Low Fat DESSERT	Chocolate MilkMilk, 1% Low Fat

MGES Lunch (Main Line), October - 2025

		1	2	3
		Wednesday	Thursday	Friday
 		ENTREE	ENTREE	ENTREE
!		 Pancakes 	Deep Dish Pepperoni Pizza, whole grain	Grilled Cheese Sandwich
l		Sausage Link	FRUIT	FRUIT
ļ		FRUIT	• Apples	Assorted Fruit Juice
ļ		 Assorted Fruit Juice 	Pineapple	Mixed Berry Cup
l		Strawberries	VEGETABLE	VEGETABLE
l		VEGETABLE	• Cucumber	Broccoli, Fresh
l		Baby Carrots	Green Salad	Shoestring Fries
l		Hash Browns	Tomato, Cherry	MILK
ļ		MILK	MILK	Chocolate Milk
ļ		• Chocolate Milk	Chocolate Milk	Milk, 1% Low Fat
ļ		• Milk, 1% Low Fat	• Milk, 1% Low Fat	DESSERT
ļ		DESSERT	DESSERT	Creamie
		• Yogurt	Chocolate Chip Cookie	
6	7	8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
• Corn Dog, Whole Grain	Italian Dunkers	Orange Chicken	Papa Murphy's Pizza, Elementary	Macaroni and Cheese
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
 Assorted Fruit Juice 	Pears	Applesauce	• Apples	Blueberries
 Fruit Cocktail 	Mandarin Oranges	 Peaches 	• Pineapple	Strawberries
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
-	Broccoli, Fresh	• Edamame	• Cucumber	Broccoli, Fresh
 Spiral Fries 	MILK	 Broccoli Normandy 	Green Salad	Glazed Carrots
MILK	Chocolate Milk	GRAIN	Tomato, Cherry	GRAIN
	Milk, 1% Low Fat	Brown Rice	MILK	Cheesy Garlic Breadstick, Whole Grai
 Milk, 1% Low Fat 	DESSERT	MILK	Chocolate Milk	MILK
DESSERT	Fruit Snack	Chocolate Milk	• Milk, 1% Low Fat	Chocolate Milk
• 100 % fruit juice		• Milk, 1% Low Fat	DESSERT	• Milk, 1% Low Fat
ļ		DESSERT	Cookie Dough	DESSERT
		Fortune Cookie		Chocolate Grapefruit Cake
13	14	15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
	I control of the cont			The state of the s

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0/1/25, 8:51 AM		SchoolCate	- School Menus	
•	 Nachos FRUIT Pears Mandarin Oranges VEGETABLE Corn Black Beans MILK 	 French Toast Sticks, Whole Grain Sausage Link FRUIT Assorted Fruit Juice Strawberries VEGETABLE Sweet Potato Puffs Hash Browns 		Fall Break
WG Dinner RollMILKChocolate Milk	 Chocolate Milk Milk, 1% Low Fat DESSERT Creamie 	 Hash Browns MILK Chocolate Milk Milk, 1% Low Fat DESSERT Oatmeal Cookie 		
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
FRUIT Applesauce Peaches VEGETABLE Green Beans Mashed Potatoes GRAIN WG Dinner Roll MILK Chocolate Milk	ENTREE Cowboy Lasagna FRUIT Pears Mandarin Oranges VEGETABLE Baby Carrots Green Peas GRAIN Cheesy Garlic Breadstick, Whole Grain MILK Chocolate Milk Milk, 1% Low Fat DESSERT Snack Pack Pudding, Vanilla	ENTREE • Mini Corndogs, Whole grain FRUIT • Assorted Fruit Juice • Pears VEGETABLE • Baked Beans • Crinkle Fries MILK • Chocolate Milk • Milk, 1% Low Fat DESSERT • Whole Grain Pumpkin Cookie	ENTREE Deep Dish Pepperoni Pizza, whole grain FRUIT Apples Pineapple VEGETABLE Cucumber Green Salad Tomato, Cherry MILK Chocolate Milk Milk, 1% Low Fat DESSERT Double Chocolate Chip Cookie	ENTREE Chicken Tenders, Whole Grain FRUIT Orange, Fresh Strawberries VEGETABLE Broccoli, Fresh Shoestring Fries MILK Chocolate Milk Milk, 1% Low Fat DESSERT White Cake
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE Chicken Drumsticks FRUIT Applesauce Peaches VEGETABLE Green Beans Mashed Potatoes GRAIN WG Dinner Roll MILK	ENTREE Baked Potato FRUIT Pears Mandarin Oranges VEGETABLE Broccoli, Fresh MILK Chocolate Milk Milk, 1% Low Fat DESSERT	ENTREE Pancake Sausage Stick FRUIT Assorted Fruit Juice Strawberries VEGETABLE Sweet Potato Puffs Hash Browns MILK Chocolate Milk Milk, 1% Low Fat	ENTREE • Mini Calzone FRUIT • Apples • Pineapple VEGETABLE • Cucumber • Green Salad • Tomato, Cherry MILK • Chocolate Milk	ENTREE Chicken Sandwich FRUIT Fruit Cocktail Orange, Fresh VEGETABLE Baked Beans Carrot and Celery Cup Lettuce, Shredded, 1/8", Fresh Waffle Fries MILK
Chocolate MilkMilk, 1% Low Fat	Graham Cracker Snacks	DESSERTYogurt	Milk, 1% Low Fat DESSERT	Chocolate MilkMilk, 1% Low Fat

MMS Lunch (Main Line), October - 2025

		1	2	3
		Wednesday	Thursday	Friday
		ENTREE	ENTREE	ENTREE
		Sweet Pork Salad	Chicken Alfredo	Mozzarella Stuffed Breadstick
		Popcorn Chicken, Whole Grain	Chicken Caesar Salad	Chicken Caesar Salad
		FRUIT	Mini Corndogs, Whole grain	Chicken Tenders, Whole Grain
		Blueberries	FRUIT	Hot and Spicy Chicken Tenders
		Fresh Fruit	Applesauce	FRUIT
		• Pears	Fresh Fruit	Fresh Fruit
		VEGETABLE	Pears	Mixed Berry Cup
		• Corn	VEGETABLE	Pears
		Black Beans	Baby Carrots	VEGETABLE
		Waffle Fries	Tater Tots	Baked Beans
		MILK	Green Peas	Baby Carrots
		Chocolate Milk	GRAIN	Sweet Potato Puffs
		• Milk, 1% Low Fat	Cheesy Garlic Breadstick, Whole Grain	MILK
		DESSERT	MILK	Chocolate Milk
		Chocolate Chip Cookie	Chocolate Milk	Milk, 1% Low Fat
			Milk, 1% Low Fat	GRAIN
			DESSERT	Rice Krispie Treat Square, WG 1.4 oz
			Peanut Butter Cookies	
6	7	8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Chicken Caesar Salad	Chicken Fajitas	BLT Salad	Papa Murphy's Pizza	Mini French Toast
Corn Dog, Whole Grain	Chicken Sandwich	Turkey Gravy	Mini Corndogs, Whole grain	Sausage Link
Macaroni and Cheese	Taco Salad	Popcorn Chicken, Whole Grain	FRUIT	Chicken Tenders, Whole Grain
Chicken Nuggets, Whole Grain	FRUIT	FRUIT	Fresh Fruit	Hot and Spicy Chicken Tenders
FRUIT	Fresh Fruit	Applesauce	Pineapple	FRUIT
Applesauce	Pineapple	Fresh Fruit	Mandarin Oranges	Applesauce
Fresh Fruit	Strawberries	• Peaches	VEGETABLE	Fresh Fruit
Fruit Cocktail	VEGETABLE	VEGETABLE	Cucumber	Fruit Cocktail
VEGETABLE	Celery	Green Beans	Green Salad	VEGETABLE
Broccoli, Fresh	Black Beans	Mashed Potatoes	Tomato, Cherry	Baby Carrots
Baby Carrots	Potato Wedges	Crinkle Fries	MILK	Hash Browns
MILK	MILK	GRAIN	Chocolate Milk	MILK
Chocolate Milk	Chocolate Milk	WG Dinner Roll	• Milk, 1% Low Fat	Chocolate Milk
Milk, 1% Low Fat	Milk, 1% Low Fat	MILK	DESSERT	Milk, 1% Low Fat

about:blank

DESSERTGinger Snap Cookie	DESSERT • White Cake	Chocolate Milk Milk, 1% Low Fat	Cookie Dough	DESSERT • Yogurt
		• Jello		
13	14	15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	E 11 D	
• Chef Salad	Chicken Sandwich	BLT Salad	Fall Break	Fall Break
• Mini Corndogs, Whole grain	Soft Taco	Roast Beef Sliders		
Teriyaki Chicken	Taco Salad	Chicken Nuggets, whole grain		
FRUIT	FRUIT	FRUIT		
• Apple	Applesauce	Fresh Fruit		
• 100 % fruit juice	Fresh Fruit	• Peaches		
 Frozen Peach Cup 	• Strawberries	• Pears		
 Orange, Fresh 	VEGETABLE	VEGETABLE		
 Pineapple 	Baby Carrots	Baby Carrots		
VEGETABLE	• Corn	• Celery		
 Spiral Fries 	• Lettuce, Shredded, 1/8", Fresh	Waffle Fries		
 Mixed Vegetables 	Black Beans	GRAIN		
GRAIN	Tater Tots	WG Dinner Roll		
Brown Rice	GRAIN	MILK		
MILK	Whole Grain Bun	Chocolate Milk		
Chocolate Milk	MILK	• Milk, 1% Low Fat		
• Milk, 1% Low Fat	Chocolate Milk	DESSERT		
	Milk, 1% Low Fat	Fruit Snack		
	DESSERT			
	Mrs Fields Chocolate Chip Cookie			
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
 Orange Chicken 	Bean and Cheese Burrito	Chicken Caesar Salad	Chef Salad	Cheese Sauce
 Crisp Chicken Salad 	• Nachos	Mini Calzone	• Spaghetti	• Pretzel Bites
 Hamburger 	Taco Salad	Mini Corndogs, Whole grain	Popcorn Chicken, Whole Grain	Chicken Tenders, Whole Grain
FRUIT	FRUIT	FRUIT	FRUIT	 Hot and Spicy Chicken Tenders
Fresh Fruit	Fresh Fruit	Fresh Fruit	• Applesauce	FRUIT
• Peaches	Fruit Cocktail	• Strawberries	Fresh Fruit	Applesauce
 Pineapple 	Mandarin Oranges	Mandarin Oranges	• Pears	Fresh Fruit
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	Fruit Cocktail
• Lettuce, Shredded, 1/8", Fresh	Baby Carrots	Carrot and Celery Cup	Broccoli, Fresh	VEGETABLE
 Spiral Fries 	• Corn	Green Salad	Green Beans	Baby Carrots
• Edamame	Refried Beans	GRAIN	Shoestring Fries	Crinkle Fries
 Broccoli Normandy 	MILK	WG Dinner Roll	GRAIN	MILK
GRAIN	Chocolate Milk	MILK	Breadstick	Chocolate Milk
Brown Rice	Milk, 1% Low Fat	Chocolate Milk	MILK	• Milk, 1% Low Fat
Brown RiceWhole Grain BunMILK	 Milk, 1% Low Fat DESSERT Ginger Snap Cookie 	Chocolate MilkMilk, 1% Low FatDESSERT	MILKChocolate MilkMilk, 1% Low Fat	 Milk, 1% Low Fat DESSERT Double Chocolate Chip Cookie

 Chocolate Milk Milk, 1% Low Fat DESSERT Snack Pack Pudding, Vanilla 		• Jello	• Brownie	
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Crisp Chicken Salad	Chicken Caesar Salad	Smothered Pork Burrito	Chicken Alfredo	Pizza Ripper
General Tso Chicken	Corn Dog, Whole Grain	Sweet Pork Salad	Chicken Caesar Salad	Chicken Tenders, Whole Grain
• Chicken Nuggets, whole grain	Italian Dunkers	Popcorn Chicken, Whole Grain	Mini Corndogs, Whole grain	Hot and Spicy Chicken Tenders
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
• Fresh Fruit	Fresh Fruit	Applesauce	Applesauce	Fresh Fruit
• Pears	Frozen Peach Cup	Fresh Fruit	Fresh Fruit	Frozen Peach Cup
• Pineapple	Mandarin Oranges	• Pears	Pears	Mandarin Oranges
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
Spiral Fries	Broccoli, Fresh	• Corn	Baby Carrots	Baby Carrots
• Edamame	Glazed Carrots	Black Beans	Celery	• Corn
Broccoli Normandy	Potato Wedges	GRAIN	Tater Tots	Crinkle Fries
GRAIN	GRAIN	Cilantro Rice	Green Peas	MILK
Brown Rice	WG Dinner Roll	MILK	GRAIN	Chocolate Milk
MILK	MILK	Chocolate Milk	Cheesy Garlic Breadstick, Whole Grain	Milk, 1% Low Fat
Chocolate Milk	Chocolate Milk	Milk, 1% Low Fat	MILK	DESSERT
• Milk, 1% Low Fat	• Milk, 1% Low Fat	DESSERT	Chocolate Milk	Creamie
DESSERT	DESSERT	Fruit Snack	Milk, 1% Low Fat	
Oatmeal Cookie	Snickerdoodle Cookie		DESSERT	
			Pumpkin Cake	

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MGMS Lunch (Main Line), October - 2025

		1	2	3
		Wednesday	Thursday	Friday
		ENTREE	ENTREE	ENTREE
		Sweet Pork Salad	Chicken Alfredo	Mini Calzone
		Popcorn Chicken, Whole Grain	Chicken Caesar Salad	Chicken Tenders, Whole Grain
		Veggie and Hummus Box	Mini Corndogs, Whole grain	Hot and Spicy Chicken Tenders
		FRUIT	FRUIT	FRUIT
		Blueberries	Applesauce	• Fresh Fruit
		• Fresh Fruit	• Fresh Fruit	Mixed Berry Cup
		Orange Tangerine Juice Transparent Park	• Peaches	VEGETABLE
		VEGETABLE Corn	VEGETABLE Poly Compts	Baby Carrots Caloni
		Com	Baby Carrots Tater Tots	CeleryGreen Salad
		Black BeansWaffle Fries	Green Peas	Green Salad MILK
		MILK	GRAIN	Chocolate Milk
		Chocolate Milk	Cheesy Garlic Breadstick, Whole Grain	Milk, 1% Low Fat
		Milk, 1% Low Fat	MILK	DESSERT
		DESSERT	Chocolate Milk	• Rice Krispie Treat Original 1.3 oz
		Chocolate Chip Cookie	Milk, 1% Low Fat	Tuo Timpio Trom original to oz
			DESSERT	
			Whole Grain Pumpkin Cookie	
6	7	8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Chicken Caesar Salad	Chicken Fajitas	BLT Salad	Papa Murphy's Pizza	Mini French Toast
Corn Dog, Whole Grain	Chicken Sandwich	Turkey Gravy	Mini Corndogs, Whole grain	Sausage Link
Macaroni and Cheese	Oriental Chicken Salad	Popcorn Chicken, Whole Grain	FRUIT	Chicken Tenders, Whole Grain
Chicken Nuggets, Whole Grain	FRUIT	FRUIT	Fresh Fruit	Hot and Spicy Chicken Tenders
FRUIT	Fresh Fruit	Applesauce	Pineapple	FRUIT
Applesauce	• Pears	Fresh Fruit	Mandarin Oranges	Assorted Fruit Juice
Fresh Fruit	• Pineapple	• Peaches	VEGETABLE	• Fresh Fruit
• Fruit Cocktail	VEGETABLE	VEGETABLE	• Cucumber	Mixed Berry Cup
VEGETABLE	• Corn	• Green Beans	• Green Salad	VEGETABLE
Broccoli, Fresh B. L. G. The state of	Black Beans W. 1	Mashed Potatoes C	• Tomato, Cherry	Baby Carrots
Baby Carrots MILE	Potato Wedges CDAIN	Crinkle Fries CDAIN	MILK Chapelete Mills	Hash Browns
MILK • Chocolate Milk	GRAIN Whole Grain Bun	GRAIN • WG Dinner Roll	Chocolate Milk Mills 19/ Law Fot	MILK • Chocolate Milk
	Whole Grain Bun MILK	WG Dinner Roll MILK	Milk, 1% Low Fat DESSERT	Chocolate Milk Milk, 1% Low Fat
• Milk, 1% Low Fat	MILK	MILK	DESSERI	• IVIIIK, 170 LOW Fat

DESSERT Ginger Snap Cookie	Chocolate MilkMilk, 1% Low FatDESSERT	Chocolate MilkMilk, 1% Low FatDESSERT	Cookie Dough	DESSERT • Yogurt
	White Cake	• Jello		
13	14	15	16	17
Monday	Tuesday	Wednesday	Thursday	Friday
		<u> </u>	Thursday	Tituay
ENTREE	ENTREE	ENTREE	Fall Break	Fall Break
Oriental Chicken Salad Mini County and Whate and in	• Chicken Sandwich	Oriental Chicken SaladSouthwest Chicken Tornado	Tan Dicak	ran break
Mini Corndogs, Whole grain Tarinali Chialana	Soft Taco			
Teriyaki Chicken EDILIT	Spicy Chicken Sandwich Tage Salad	Popcorn Chicken, Whole Grain EDULT:		
FRUIT	Taco Salad FRUIT	FRUIT		
Fresh FruitPeaches		Fresh FruitFruit Cocktail		
	Applesauce Dhyshamias			
• Pineapple VEGETABLE	BlueberriesFresh Fruit	• Pears VEGETABLE		
Broccoli, Fresh	• Fresh Fruit VEGETABLE	Potato Wedges		
Broccon, Fresh Baby Carrots	Baby Carrots	Potato wedgesGreen Peas		
Baby CarroisSpiral Fries	Corn	GRAIN		
GRAIN	• Lettuce, Shredded, 1/8", Fresh	WG Dinner Roll		
Brown Rice	Black Beans	MILK		
MILK	GRAIN	Chocolate Milk		
Chocolate Milk	Whole Grain Bun	Milk, 1% Low Fat		
Milk, 1% Low Fat	MILK	DESSERT		
DESSERT	Chocolate Milk	• Jello		
• 100 % fruit juice	Milk, 1% Low Fat	Jeno		
100 % fruit juice	DESSERT			
	Mrs Fields Chocolate Chip Cookie			
20	21	22	23	24
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Cheddar Cheese Slice	Bean and Cheese Burrito	BLT Salad	Chef Salad	Mini Calzone
Orange Chicken	• Nachos	Corn Dog, Whole Grain	Spaghetti	Chicken Tenders, Whole Grain
Hamburger	Taco Salad	Roast Beef Sliders	Popcorn Chicken, Whole Grain	Hot and Spicy Chicken Tenders
Oriental Chicken Salad	FRUIT	FRUIT	FRUIT	FRUIT
FRUIT	Fresh Fruit	Assorted Fruit Juice	Applesauce	Assorted Fruit Juice
Fresh Fruit	Fruit Cocktail	Fresh Fruit	Fresh Fruit	Fresh Fruit
Peaches	Mandarin Oranges	• Pears	Peaches	Mixed Berry Cup
Pineapple	The state of the s	VECETADIE	VEGETABLE	VEGETABLE
VECETADIE	VEGETABLE	VEGETABLE	V EGETABLE	
VEGETABLE	Baby Carrots	Baby Carrots	Broccoli, Fresh	Baby Carrots
• Lettuce, Shredded, 1/8", Fresh	Baby CarrotsCorn	Baby CarrotsCelery	Broccoli, FreshGreen Beans	Baby CarrotsGreen Salad
Lettuce, Shredded, 1/8", FreshSpiral Fries	Baby CarrotsCornRefried Beans	Baby CarrotsCeleryWaffle Fries	Broccoli, FreshGreen BeansShoestring Fries	Baby CarrotsGreen SaladMILK
Lettuce, Shredded, 1/8", FreshSpiral FriesEdamame	Baby CarrotsCornRefried BeansMILK	Baby CarrotsCeleryWaffle FriesGRAIN	Broccoli, FreshGreen BeansShoestring FriesGRAIN	Baby CarrotsGreen SaladMILKChocolate Milk
 Lettuce, Shredded, 1/8", Fresh Spiral Fries Edamame Broccoli Normandy 	 Baby Carrots Corn Refried Beans MILK Chocolate Milk 	 Baby Carrots Celery Waffle Fries GRAIN Whole Grain Chips 	 Broccoli, Fresh Green Beans Shoestring Fries GRAIN Breadstick 	 Baby Carrots Green Salad MILK Chocolate Milk Milk, 1% Low Fat
 Lettuce, Shredded, 1/8", Fresh Spiral Fries Edamame Broccoli Normandy GRAIN 	 Baby Carrots Corn Refried Beans MILK Chocolate Milk Milk, 1% Low Fat 	 Baby Carrots Celery Waffle Fries GRAIN Whole Grain Chips MILK 	 Broccoli, Fresh Green Beans Shoestring Fries GRAIN Breadstick MILK 	 Baby Carrots Green Salad MILK Chocolate Milk Milk, 1% Low Fat DESSERT
 Lettuce, Shredded, 1/8", Fresh Spiral Fries Edamame Broccoli Normandy 	 Baby Carrots Corn Refried Beans MILK Chocolate Milk 	 Baby Carrots Celery Waffle Fries GRAIN Whole Grain Chips 	 Broccoli, Fresh Green Beans Shoestring Fries GRAIN Breadstick 	 Baby Carrots Green Salad MILK Chocolate Milk Milk, 1% Low Fat

SchoolCafé - School Menus

MILK		DESSERT	DESSERT	
Chocolate Milk		• Jello	Oatmeal Cookie	
Milk, 1% Low Fat				
DESSERT				
Snack Pack Pudding, Vanilla				
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
General Tso Chicken	Chicken Caesar Salad	Smothered Pork Burrito	Chicken Alfredo	Pizza Ripper
Oriental Chicken Salad	Corn Dog, Whole Grain	Sweet Pork Salad	Chicken Caesar Salad	Chicken Tenders, Whole Grain
Chicken Nuggets, whole grain	Italian Dunkers	Popcorn Chicken, Whole Grain	Mini Corndogs, Whole grain	Hot and Spicy Chicken Tenders
FRUIT	FRUIT	FRUIT	FRUIT	FRUIT
Fresh Fruit	Fresh Fruit	Applesauce	Blueberries	Fresh Fruit
• Pears	Frozen Peach Cup	Fresh Fruit	Fresh Fruit	Strawberries
Pineapple	Mandarin Oranges	Pears	Pears	Mandarin Oranges
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE
Baby Carrots	Broccoli, Fresh	• Corn	Baby Carrots	Baby Carrots
Celery	Glazed Carrots	Black Beans	Tater Tots	Celery
Spiral Fries	Tater Tots	GRAIN	Green Peas	Corn
GRAIN	GRAIN	Cilantro Rice	GRAIN	MILK
Brown Rice	WG Dinner Roll	MILK	Cheesy Garlic Breadstick, Whole Grain	Chocolate Milk
MILK	MILK	Chocolate Milk	MILK	Milk, 1% Low Fat
Chocolate Milk	Chocolate Milk	Milk, 1% Low Fat	Chocolate Milk	DESSERT
Milk, 1% Low Fat	Milk, 1% Low Fat	DESSERT	Milk, 1% Low Fat	Creamie
DESSERT	DESSERT	• 100 % fruit juice	DESSERT	
• Brownie	Sugar Cookie		Applesauce Cookie	

This institution is an equal opportunity provider.

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MHS Lunch (Main Line), October - 2025

		1	2	2
			2	3
		Wednesday	Thursday	Friday
		ENTREE	ENTREE	ENTREE
		Sweet Pork Salad	Chicken Alfredo	Mozzarella Stuffed Breadstick
		Popcorn Chicken, Whole Grain	Chicken Caesar Salad	Chicken Caesar Salad
		FRUIT	Mini Corndogs, Whole grain	Chicken Tenders, Whole Grain
		Blueberries	FRUIT	Hot and Spicy Chicken Tenders
		Fresh Fruit	Applesauce	FRUIT
		• Pears	Fresh Fruit	Fresh Fruit
		VEGETABLE	Pears	Mixed Berry Cup
		• Corn	VEGETABLE	• Pears
		Green Salad	Baby Carrots	VEGETABLE
		Black Beans	Green Salad	Baked Beans
		Waffle Fries	• Tater Tots	Carrot and Celery Cup
		GRAIN	• Green Peas	• Green Salad
		WG Dinner Roll	GRAIN	Sweet Potato Puffs
		MILK	Cheesy Garlic Breadstick, Whole Grain	GRAIN
		Chocolate Milk	MILK	WG Dinner Roll
		• Milk, 1% Low Fat	Chocolate Milk	MILK
		DESSERT	• Milk, 1% Low Fat	Chocolate Milk
		Chocolate Chip Cookie	DESSERT	• Milk, 1% Low Fat
			Freezer Cookies	DESSERT
				Yogurt
6	7	8	9	10
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
Chicken Caesar Salad	Chicken Fajitas	BLT Salad	Papa Murphy's Pizza	BBQ Pork Sandwich
Corn Dog, Whole Grain	Chicken Sandwich	Turkey Gravy	Mini Corndogs, Whole grain	Chicken Sandwich
Macaroni and Cheese	Taco Salad	Popcorn Chicken, Whole Grain	FRUIT	FRUIT
Chicken Nuggets, Whole Grain	FRUIT	FRUIT	Fresh Fruit	Applesauce
FRUIT	Fresh Fruit	Applesauce	Pineapple	• Fresh Fruit
Applesauce	• Pears	Fresh Fruit	Mandarin Oranges	• Peaches
Fresh Fruit	• Pineapple	• Peaches	VEGETABLE	VEGETABLE
Fruit Cocktail	• Strawberries	VEGETABLE	Cucumber	Baked Beans
VEGETABLE	VEGETABLE	Green Beans	Green Salad	Baby Carrots
Broccoli, Fresh	• Celery	Green Salad	Potato Wedges	Green Salad
Baby Carrots	Green Salad	Mashed Potatoes	Tomato, Cherry	Waffle Fries
Green Salad	Black Beans	Crinkle Fries	MILK	MILK

0/1/25, 6.55 AW		Schoolcale - Sch	ioon mondo	
GRAIN WG Dinner Roll MILK Chocolate Milk Milk, 1% Low Fat DESSERT Double Chocolate Chip Cookie	 Potato Wedges MILK Chocolate Milk Milk, 1% Low Fat DESSERT White Cake 	GRAIN WG Dinner Roll MILK Chocolate Milk Milk, 1% Low Fat DESSERT Jello	 Chocolate Milk Milk, 1% Low Fat DESSERT Cookie Dough 	 Chocolate Milk Milk, 1% Low Fat DESSERT Freezer Cookies
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday
ENTREE Chef Salad Mini Corndogs, Whole grain Teriyaki Chicken FRUIT Fresh Fruit Frozen Peach Cup Pineapple VEGETABLE Green Salad Spiral Fries Mixed Vegetables GRAIN Brown Rice WG Dinner Roll MILK Chocolate Milk Milk, 1% Low Fat DESSERT 100 % fruit juice	ENTREE Chicken Sandwich Soft Taco Taco Salad FRUIT Applesauce Fresh Fruit Strawberries VEGETABLE Baby Carrots Corn Green Salad Black Beans Tater Tots MILK Chocolate Milk Milk, 1% Low Fat DESSERT Mrs Fields Chocolate Chip Cookie	ENTREE BLT Salad Roast Beef Sliders Chicken Nuggets, Whole Grain FRUIT Fresh Fruit Peaches Pears VEGETABLE Celery Glazed Carrots Waffle Fries GRAIN WG Dinner Roll MILK Chocolate Milk Milk, 1% Low Fat DESSERT Apple Betty	Fall Break	Fall Break
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday
ENTREE Orange Chicken Crisp Chicken Salad Hamburger FRUIT Fresh Fruit Peaches Pineapple VEGETABLE Green Salad Spiral Fries Edamame Broccoli Normandy GRAIN Brown Rice	ENTREE Bean and Cheese Burrito Nachos Taco Salad FRUIT Fresh Fruit Fruit Cocktail Mandarin Oranges VEGETABLE Baby Carrots Corn Green Salad Crinkle Fries Refried Beans MILK	ENTREE Chicken Caesar Salad Mini Calzone Mini Corndogs, Whole grain FRUIT Fresh Fruit Strawberries Mandarin Oranges VEGETABLE Carrot and Celery Cup Green Salad Tater Tots GRAIN WG Dinner Roll MILK	ENTREE Papa Murphy's Pizza Mini Corndogs, Whole grain FRUIT Fresh Fruit Pineapple Mandarin Oranges VEGETABLE Cucumber Green Salad Potato Wedges Tomato, Cherry MILK Chocolate Milk Milk, 1% Low Fat	ENTREE Cheese Sauce Pretzel Bites Chicken Tenders, Whole Grain Hot and Spicy Chicken Tenders FRUIT Applesauce Fresh Fruit Fruit Cocktail VEGETABLE Baby Carrots Green Salad Crinkle Fries GRAIN WG Dinner Roll

 WG Dinner Roll MILK Chocolate Milk Milk, 1% Low Fat DESSERT Pudding 	 Chocolate Milk Milk, 1% Low Fat DESSERT Ginger Snap Cookie 	 Chocolate Milk Milk, 1% Low Fat DESSERT Jello 	DESSERT • Cookie Dough	 MILK Chocolate Milk Milk, 1% Low Fat DESSERT Double Chocolate Chip Cookie
27	28	29	30	31
Monday	Tuesday	Wednesday	Thursday	Friday
ENTREE	ENTREE	ENTREE	ENTREE	ENTREE
General Tso Chicken	Chicken Caesar Salad	Smothered Pork Burrito	Chicken Alfredo	Mini French Toast
Oriental Chicken Salad	Corn Dog, Whole Grain	Sweet Pork Salad	Chicken Caesar Salad	Sausage Link
• Chicken Nuggets, Whole Grain	Italian Dunkers	Popcorn Chicken, Whole Grain	Mini Corndogs, Whole grain	Chicken Tenders, Whole Grain
FRUIT	FRUIT	FRUIT	FRUIT	Hot and Spicy Chicken Tenders
• Fresh Fruit	Fresh Fruit	Applesauce	Applesauce	FRUIT
• Pears	Frozen Peach Cup	Fresh Fruit	Fresh Fruit	Applesauce
• Pineapple	Mandarin Oranges	• Pears	• Pears	Fresh Fruit
VEGETABLE	VEGETABLE	VEGETABLE	VEGETABLE	Fruit Cocktail
• Celery	Broccoli, Fresh	Baby Carrots	Baby Carrots	VEGETABLE
Green Salad	Glazed Carrots	• Corn	• Celery	Baby Carrots
• Spiral Fries	Green Salad	Green Salad	Green Salad	Green Salad
• Edamame	Tater Tots	Black Beans	Tater Tots	Hash Browns
 Broccoli Normandy 	GRAIN	Crinkle Fries	Green Peas	GRAIN
GRAIN	WG Dinner Roll	GRAIN	GRAIN	WG Dinner Roll
Brown Rice	MILK	Cilantro Rice	Cheesy Garlic Breadstick, Whole Grain	MILK
 WG Dinner Roll 	Chocolate Milk	WG Dinner Roll	MILK	Chocolate Milk
MILK	Milk, 1% Low Fat	MILK	Chocolate Milk	Milk, 1% Low Fat
 Chocolate Milk 	DESSERT	Chocolate Milk	Milk, 1% Low Fat	DESSERT
• Milk, 1% Low Fat	Snickerdoodle Cookie	Milk, 1% Low Fat	DESSERT	Yogurt
DESSERT		DESSERT	Pumpkin Cake	
 Oatmeal Cookie 		• Jello		

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