

OCTOBER 2026

Health-e Pro 

MON

TUE

WED

THU

FRI

			1 Comet Fil-A Whole Grain Chicken Sandwich Sports Goals Spuds Garden Salad	2 NYS Sweet & Tangy Beef Strips Brown Rice Onions and Peppers
5 Whole Grain Garlic Cheese Bread NYS Chili <u>or</u> Tomato Soup Caesar Side Salad	6 Whole Grain Shrimp Baskets Side Winder Fries Cole Slaw	7 Chicken Ramon Noodle Bowls Carrot Shred Sweet Peas	8 Rodeo burgers on a Whole Grain Bun Tatar Stars Baked Beans	9 Whole Grain Quesadillas Roasted Carrots Green Beans
12 Turkey Club Sandwiches Veggie Cup Green Beans Pringles Mingles	13 Pizza Pizza Caesar Side Salad Broccoli	14 Hawaiian Pork Rice Bowls Broccoli Carrots	15 Homemade Macaroni and Cheese Burnt Pork Burnt Ends Green Beans Garden Salad	16 Taco Bar ES- Taco Salad Rice with Black Beans Roasted Sweet Corn
19 Turkey Club Sandwiches Veggie Cup Green Beans Pringles Mingles	20 Whole Grain Chicken and Waffles Tatar Stars Caesar Side Salad	21 BBQ Pork Riblet Sandwiches on a Whole Grain Roll Corn on the Cobb Cole Slaw	22 Wing Dings Seasoned Noodles Baked Beans Cheesy Broccoli	23 Homemade Whole Grain Cheese Pizza Roasted Brussel Sprouts Antipasto Salad
26 Whole Grain Chicka Dilly Sandwich Sports Goals Spuds Garden Salad	27 Cowboy casserole Broccoli Whole Grain Mila Cookie	28 Cherry Blossom Chicken Rice Oriental Vegetables Whole Grain Egg Rolls	29 Whole Grain Rich Pizza Rolls Caesar Salad Baked Beans	30 Gooolash Italian Green Beans Pumpkin Patch Sweet Potatoes

ANNOUNCEMENTS

All Meals Are FREE!
Breakfast and lunch are available at no cost to all enrolled students each school day.

Every Complete Meal Includes:

- Fresh fruit choices
- Low-fat or fat-free milk
- Access to our full salad bar featuring fresh vegetables and seasonal fruit

Daily Alternative Entrées Available

In addition to the featured menu item, students may choose from:

- Freshly made wraps
- Deli subs
- Sandwiches
- Scratch-made soups (available as scheduled)
- A La Carte Items

Any second meals or à la carte purchases must be paid for at the time of purchase. Students must have sufficient funds in their meal account or pay with cash.

Menu Changes

Menus are planned in advance; however, menus are subject to change without notice due to product availability, deliveries, or other unforeseen circumstances.

We are committed to serving fresh, nutritious, and appealing meals every day while offering students a variety of healthy choices. All meals are planned in accordance to NSLP guidelines.

MEAL PRICES

All first meals are FREE!

Extra Entree: \$2.25

Extra Side Dish: \$ 1.25

There is NO charge for more
Fruit and Veggies

ALL SMART SNACKS ARE
AVAILABLE TO PURCHASE AT
\$1.00 UNLESS OTHERWISE
LABELED