SFDS October 2026 Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 Cheeseburger French Fries Lettuce/Tomato Pears	2 Pizza Asst. Fresh Veggies Peaches Ice Cream Cup	3
4	5 Chicken Nuggets Corn Bread Fresh Celery/Carrots Peaches	6 2 Tacos/ WG Tortillas Lettuce,Tomato,Cheese Refried Beans Pears Rice Krispy Treat	7 French Toast Sticks Sausage Links Hash Browns Veggie Juice Fresh Fruit	8 Chicken Strips Dinner Roll Fresh Carrots/Peppers Pears Frozen Fruit Bar	9 Cheese Quesadilla Rice Steamed Vegetable Fruit Cocktail	10
11	12 Hot Dog on WG Bun French Fries Fresh Carrots/Broccoli Pears Hummus	13 Macaroni & Cheese Dinner Roll Fresh Salad Cucumbers Applesauce Fruit Snack	14 Popcorn Chicken Corn Bread Mashed Potato Steamed Veggie Fresh Fruit	15 Chicken Patty Sandwich Sweet Potato Fries Carrots/Cauliflower Fruit Cocktail	16 Pizza Asst. Fresh Veggies Peaches Cup Cake	17
18	19 Cheese Dunkers Marinara Sauce Carrots/Celery Fruit Cocktail Hummus	20 Asian Chicken Rice Snap Peas & Peppers Fresh Fruit Fortune Cookie	21 Mini Corn Dogs French Fries Fresh Salad Grape tomato Applesauce Cookie	22 Chicken Nuggets Dinner Roll Fresh Celery/Cucumbers Peaches Fruit Icee	23 Toasted Cheese Sandwich Tomato Soup Asst. Fresh Veggies Peaches Goldfish Crackers	24
25	26 Popcorn Chicken Dinner Roll French Fries Carrots w/ Hummus Pears Ice cream cup	27 Pizza Asst. Fresh Veggies Peaches Cookie	28 Spaghetti Meat Sauce with WG Noodles Garlic Bread Fresh Salad/Carrots Peaches	29 **TBD**	30 **No School**	31 **Happy Halloween!**

The menu is subject to change if necessary. | **LG Schools FREE Breakfast |** | This institution is an equal opportunity provider. | *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient. | * - denotes combined nutrient totals with either missing or incomplete nutrient data. | NOTICE: The data contained within this report and the HPS menu planner and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions."