

2025-2026
School Year

OCTOBER MENU

Elementary &
Ms./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SALAD BAR AVAILABLE DAILY AT THE MS./SR. HIGH SCHOOL		1 BREAKFAST: French Toast Sticks, Toast Cereal Fruit, Juice, Milk LUNCH: Spaghetti & Meat Sauce, Lettuce Salad, Grape Tomatoes, Garlic Bread, Fruit, Milk	2 BREAKFAST: Muffin/Toast Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Turkey & Ham Subs, Baked Beans, Tomatoes Slices, Shred. Lettuce, Chips, Fruit, Milk	3 BREAKFAST: Scr. Eggs & Ham, Toast/ Cereal Fruit, Juice, Milk LUNCH: Breaded Pork Steak Mac-N-Cheese, Green Beans, Tea Roll, Fruit, Milk
6 BREAKFAST: Sausage, Egg Croissant, Toast/Cereal, Fruit, Juice, Milk LUNCH: Taco Quesidilla, Spanish Rice, Shr. Lettuce, Diced Tomatoes, Fruit, Milk	7 BREAKFAST: Muffin/Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Cheese Pizza(E) Beef Pizza* Lettuce Salad, Grape Tomatoes, Garlic Butter Veggies, Fruit,	8 1:30 EARLY OUT BREAKFAST: Snack Bread, Toast/Cereal, Fruit, Juice, Milk LUNCH: Orange Chicken, Rice, Broccoli, Cauliflower, Dinner Roll* Tea Roll (E) Fruit, Milk	9 BREAKFAST: Muffin/Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Hamburger, French Fries, Baked Beans, Tomato Slices, Fruit, Milk	10 BREAKFAST: Yogurt Parfaits, Toast/ Cereal, Fruit, Juice, Milk LUNCH: Chicken Alfredo, Glazed Carrots, Winter Mix Veggie, Garlic Toast, Fruit, Milk
13 BREAKFAST: Oatmeal, Toast/ /Cereal, Fruit, Juice, Milk LUNCH: Sloppy Joes, Onion Rings, Broccoli, Fruit, Milk	14 BREAKFAST: Br. Bagel/Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Tacos, Black Bean Salsa* Corn, Shred. Lettuce, Diced Tomatoes, Red Peppers, Fruit Milk	15 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken over Biscuit, Mashed Potatoes, Green Peas, Fruit, Milk	16 BREAKFAST: Muffin/Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Corn Dogs, Baked Beans, French Fries, Radishes* Fruit, Milk	17 BREAKFAST: Scrambled Eggs w/ Bacon & Cheese, Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pizza Crunchers, Buttered Carrots, Cauliflower, Cookie, Fruit, Milk
20 BREAKFAST: Breakfast Pizza Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty on Bun, Potato Wedges, Broccoli, Shred. Lettuce, Tomato Slices, Fruit, Milk	21 BREAKFAST: Muffin, Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Lasagna, Garlic Bread, Lettuce Salad w/ Grape Tomatoes, Glazed Carrots, Fruit, Milk	22 1:30 EARLY OUT BREAKFAST: Donut Holes * Mini Donuts (E) Toast/Cereal, Fruit, Juice, Milk: LUNCH: Hot Ham & Cheese on Bun, Baked Beans, California Blend Veggies, Fruit, Milk	23 BREAKFAST: Muffin/Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Wild Mikes Pizza, Corn, Celery & Carrots, Cookie,* Fruit, Milk	24 BREAKFAST: Waffles w/Sryup Toast/Cereal Fruit Juice, Milk LUNCH: Popcorn Chicken, Mashed Potato, Gravy, Green Beans, Tea Roll, Fruit, Milk
27 BREAKFAST: Yogurt Parfaits, Toast /Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos, Broccoli, Shred. Lettuce, Diced Tomatoes, Fruit, Milk	28 BREAKFAST: Breakfast Burrito, Toast/Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork, Mac & Cheese, Green Beans, Coleslaw*, Fruit, Milk	29 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy breadsticks and Meat Sauce, Lettuce Salad, Grape Tomatoes, Garlic Veggies, Fruit, Milk	30 BREAKFAST: Muffin. Toast/ Yogurt/Cereal, Fruit, Juice, Milk LUNCH: Tomato Soup, Grilled Cheese, Buttered Carrots, Cottage Cheese, Fruit, Milk	31 BREAKFAST: Scrambled Eggs Saus. Links, Toast/ Cereal, Fruit, Juice, Milk LUNCH: Hot Dog on Bun, Baked Beans, French Fries, Cucumbers, Fruit, Milk

MENU SUBJECT TO CHANGE

* = Ms./Sr. High only, E = Elem. only
FF = Finger FoodsAll bread/buns are whole grain-rich
All milk is 1% low-fat or fat-free

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