

OCTOBER ELEMENTARY 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MINI TURKEY CORNDOGS 5
2ND CHOICE: WARM PRETZEL PACK
SWEET BEANS
BABY CARROTS
MIXED BERRY CUP

B - MINI PANCAKE BITES W/WHIPPED TOPPING

CHEESY RAM STICKS 6
ITALIAN DIPPING SAUCE
2ND : PEPPERONI MUNCHABLE
STEAMED BROCCOLI
CUCUMBER SLICES
MIXED FRUIT

B - CHICKEN JUNIOR BISCUIT

MENU READING GUIDE:
LUNCH ENTREE CHOICE
ALTERNATIVE LUNCH ENTREE
VEGGIE SIDE
VEGGIE SIDE
FRUIT SIDE
BREAKFAST ENTREE

BREADED PORK TENDERLOIN 7
W/MASHED POTATOES, GRAVY &
BREAD N' BUTTER
2ND CHOICE: SCOOPY PACK
MASHED POTATOES
CELERY STICKS
FRESH BARTLETT PEAR
B - CINNAMON ROLL

MAC N' CHEESE 1
GOLDFISH CRACKERS
2ND CHOICE: LUNCHMATE
STEAMED PEAS
CUCUMBER SLICES
100% GRAPE JUICE CUP

B - LIL' JOHN DONUT W/YOGURT CUP

SOFTSHELL TACO 8
2ND : BAGELMATE W/CREAM CHEESE
STEAMED CORN
RED PEPPER STRIPS
APPLE SLICES & GRAPES

B - PANCAKE SAUSAGE BITES
W/YOGURT CUP

STUFFED CRUST CHEESE PIZZA 2
2ND CHOICE: TURKEY SANDWICH
SEASONED STEAMED CORN
BABY CARROTS & RED PEPPERS
MIXED MELON SALAD

B - BAGEL SANDWICH W/SAUSAGE &
CHEESE

DEEP DISH PIZZA 9
2ND : ITALIAN COMBO SANDWICH
STEAMED CARROTS
ASSORTED FRESH VEGGIES
MIXED MELON SALAD

B - MUFFIN W/MOZZARELLA OR
COLBY JACK CHEESE STICK

CHICKEN PATTY SANDWICH 12
2ND CHOICE: POWER PACK
BAKED BEANS
BABY CARROTS
STRAWBERRIES & BLUEBERRIES

B - DUTCH WAFFLE

BEEF & CHEESE NACHOS 13
2ND CHOICE: CHEESE MUNCHABLE
SHREDDED ROMAINE
CELERY STICKS
DICED OR SLICED PEACHES

B - EGG & TURKEY BACON
BREAKFAST PIZZA

EGGSTRAVAGANZA 14
CINNAMON ROLL
2ND CHOICE: RAM PACK
TATER TOTS
RED PEPPER STRIPS
LOCAL APPLE
B - MINI WAFFLES W/SYRUP

BREADED CHEESE STICKS 15
ITALIAN DIPPING SAUCE
NO 2ND CHOICE
BABY CARROTS
ASSORTED FRESH VEGGIES
APPLESAUCE
B - FRENCH TOAST STICKS
W/WHIPPED TOPPING

NO SCHOOL

NATIONAL SCHOOL LUNCH WEEK

NO SCHOOL

CHICKEN TENDERS 20
BREAD N' BUTTER
2ND : PEPPERONI MUNCHABLE
STEAMED CORN
CUCUMBER SLICES
DICED OR SLICED PEARS
B - CHEESY SCRAMBLED EGGS
W/TOAST
COLORING CONTEST DUE DATE!

CHEESEBURGER OR HAMBURGER 21
2ND CHOICE: SCOOPY PACK
BAKED BEANS
FRESH BROCCOLI FLORETS
WATERMELON CHUNKS

B - YOGURT PARFAIT
W/STRAWBERRIES & BLUEBERRIES

POTATO WEDGE TOTCHOS 22
GARLIC ROLL
2ND : BAGELMATE
W/CREAM CHEESE
STEAMED BROCCOLI
RED PEPPER STRIPS
100% WHOLE FRUIT SLUSHIE CUP

B - SAUSAGE BREAKFAST PIZZA

CHEESY RAM BREAD 23
ITALIAN DIPPING SAUCE
2ND : ITALIAN COMBO SANDWICH
STEAMED GREEN BEANS
ASSORTED FRESH VEGGIES
RED GRAPES

B - MINI CINN. & SUGAR DONUTS

BREADED MOZZARELLA 26
STICKS W/ITALIAN DIPPING SAUCE
2ND CHOICE: POWER PACK
STEAMED MIXED VEGGIES
BABY CARROTS
CINNAMON APPLESAUCE CUP

B - WAFFLE SANDWICH W/EGG &
CHEESE

FRENCH TOAST STICKS 27
2ND CHOICE: CHEESE MUNCHABLE
BREAKFAST POTATOES
CELERY STICKS
100% APPLE JUICE CUP

B - BAGEL SANDWICH W/SAUSAGE &
CHEESE
NATIONAL POTATO DAY!

PASTA W/MEAT SAUCE 28
GARLIC TOAST
2ND CHOICE: RAM PACK
STEAMED GREEN BEANS
MIXED GREENS SALAD
BANANA

B - PANCAKE ON A STICK

CHEESE PIZZA 29
2ND CHOICE: LUNCHMATE
ROASTED CARROTS
ASSORTED FRESH VEGGIES
FRUIT SALAD W/GRAPES

B - EGGSTRAVAGANZA W/TATER
TOTS

HOT DOG ON A BUN 30
2ND CHOICE: TURKEY SANDWICH
SWEET BEANS
FRESH BROCCOLI FLORETS
DICED STRAWBERRIES & MANDARIN
ORANGES

B - LIL' JOHN DONUT W/YOGURT CUP
DONUT DAY! DO-NUT STOP SMILING!



MEAL PRICES:
ELEMENTARY BREAKFAST
\$1.90
ELEMENTARY LUNCH
\$3.00
REDUCED BREAKFAST
\$0.30
REDUCED LUNCH
\$0.40

2 WAYS TO PAY LUNCH ACCOUNT BALANCES

#1
Pay online through Ram Mall.
Visit:
[https://www.southeastpolk.org/Quick Links > Ram Mall](https://www.southeastpolk.org/QuickLinks%20Ram%20Mall)

#2
Bring cash or check to the front office of any building.



VISIT WWW.SCHOOLCAFE.COM
OR DOWNLOAD THE APP TO
VIEW MENUS, BALANCE
HISTORY & APPLY FOR FREE &
REDUCED MEALS.

A VARIETY OF MILK IS OFFERED EACH DAY. MENU SUBJECT TO CHANGE.
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

OCTOBER NEWSLETTER 2026



CAFETERIA
CIRCUS

NATIONAL SCHOOL LUNCH WEEK

★ OCT 12TH-16TH ★ 2026 ★



NATIONAL SCHOOL LUNCH WEEK CELEBRATION LINE UP

BIG TOP COLORING CONTEST



STEP RIGHT UP! COLOR THE BELOW MENU AND DRAW YOUR FAVORITE, COLORFUL SCHOOL MEAL! ADD YOUR OWN SPECIAL TOUCHES TO MAKE IT STAND OUT IN THE BIG TOP! RETURN YOUR ARTWORK BY OCTOBER 20TH!

MEET THE STARS BEHIND THE SHOW



THE MAIN EVENT



GREAT APPLE CRUNCH DAY! ENJOY A DELICIOUS LOCAL APPLE

GRAB & GO LUNCH SHOWSTOPPER!

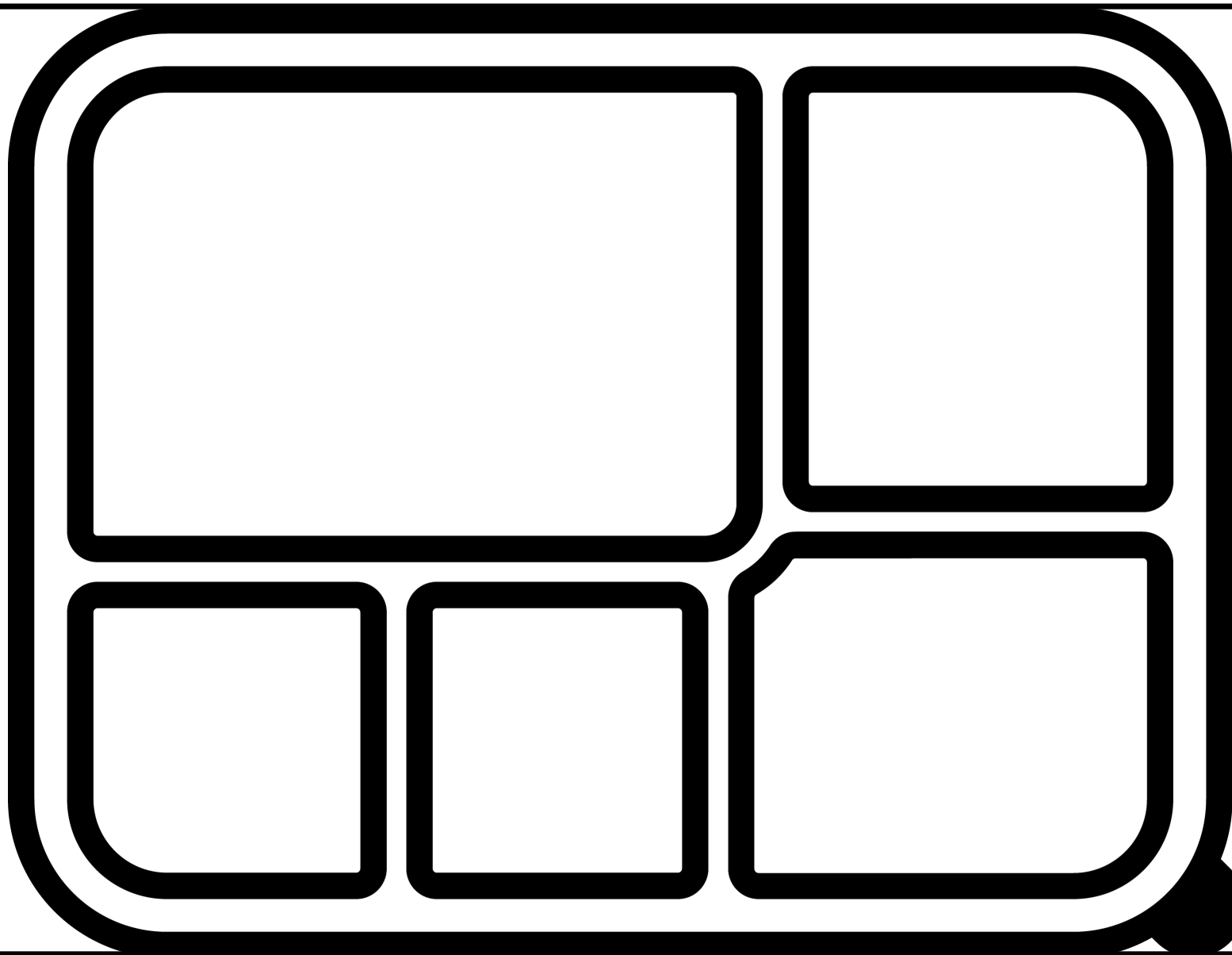


OUR CONFERENCE DAY LUNCH IS READY WHEN YOU ARE! PICK UP AND A TASTY MEAL AND KEEP THE DAY'S BIG EVENTS MOVING!

NSLW - Coloring Contest



Draw us your **FAVORITE** lunch - turn in to your head cook by 10/20. Name: _____



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