

OCTOBER 2025

SEPJIG MASHATH

BREAKFAST & LUNCH

Monday



Tuesday



Wednesday

Thursday

Friday

CEREAL
GRAHAMS
ORANGE JUICE

1

GRILLED CHEESE
GOLDFISH
CELERY
MILK

COMBO BAR
YOGURT
PEACHES

2

CHEESEBURGER SLIDERS
BAKED CHIPS
CARROTEENIES
MILK

NO SCHOOL
GRIC TEACHER IN-SERVICE

3



6



7



8



9



10

NO SCHOOL
TEACHER PD

13

BISCUIT
SAUSAGE
FRUIT COCKTAIL

14

CHICKEN NUGGETS
MAC & CHEESE
PEAS & CARROTS
MILK

CHEESE OMELET
HASHBROWN
PEACHES

15

BEEFY MAC
CHEESE STICK
DINNER ROLL / GREEN BEANS
MILK

SAUSAGE BURRITO
ORANGE JUICE
APPLESAUCE

16

CORN DOG
FRIES
CARROTS
MILK

PANCAKE WRAP
YOGURT
ORANGE WEDGES

17

TURKEY HAM SANDWICH
BAKED CHIPS
CELERY
MILK

DUTCH WAFFLES
MOZZ. CHEESE STICK
PEARS

20

CHICKEN ALFREDO
TEXAS TOAST
BROCCOLI
MILK

PANCAKES
SAUSAGE
MIXED BERRIES

21

TACO STICK
BEANS
4- WAY VEGGIE
MILK

WAFFLES
CHICKEN
FRUIT COCKTAIL

22

MEAT LOAF
MASHED POTATOES
GREEN BEANS
MILK

CHORIZO BURRITO
YOGURT
APRICOTS

23

BAR BBQ RIB SANDWICH
POTATO WEDGES
CARROTS
MILK

BAGELS W/CREAM CHEESE
BOILED EGG
CANTALOPE

24

BEEFY NACHOS
RICE
CALI MIX
MILK

BISCUIT
GRAVY
ORANGE JUICE & APPLESAUCE

27

BAKED CHICKEN
MASHED POTATOES
CORN ON THE COB
MILK

FRENCH TOAST
SAUSAGE
FRUIT COCKTAIL

28

SPAGHETTI
TEXAS TOAST
GREEN BEANS
MILK

EGG SCRAMBLE
TORTILLA
FRUIT MIX

29

CHEESEBURGER
FRIES
CARROTS
MILK

BANANA MUFFIN
YOGURT
FRESH FRUIT

30

CHICKEN LO MEIN
EGG ROLL
CALI MIX
MILK

PANCAKES
STRAWBERRY & WHIP CREAM
SAUSAGE

31

PEPPERONI PIZZA
TREAT
CARROTEENIES
MILK

MENU ITEMS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY
OFFERED DAILY: GARDEN SALAD AND VEGGIE PKS. WITH LOW FAT DRESSING, FRESH FRUIT AND FRUIT CUPS
OFFERED DAILY: 1% WHITE MILK, FAT FREE CHOCOLATE MILK
THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER