



Maryvale UFSD 2026 K-5 Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Alternate Daily Meals

Monday: Turkey & Cheese Sandwich
Tuesday: Strawberry Yogurt Flatbread
Wednesday: Ham & Cheese Sandwich
Thursday: Salad of the Day
Friday: Turkey & Cheese Sandwich
Available Daily
Peanut Butter & Jelly Sandwich



¹
Chicken Drumstick

Vegetarian Chili

Corn
Mashed Potato
Peaches

²
Cheese Pizza Slice

Turkey & Cheese Sandwich

Broccoli
Caesar Salad
Mixed Fruit

⁵
Hot Dog

Egg & Cheese Sandwich

Veggie Baked Beans
Baby Carrots
Peaches

⁶
Chicken Patty Sandwich

Vegetable Cheese Quesadilla

Sweet Potato Fries
Cucumber Slices
Pears

⁷
Waffle w/ Turkey Sausage Garden Salad w/ Flatbread

Tater Tots
Celery Sticks
Applesauce

⁸
Cheesy Breadsticks w/ Rotini Pasta Cheeseburger

Green Beans
Tomatoes
Peaches

⁹
Cheese Pizza Slice

Turkey & Cheese Sandwich

Broccoli
Caesar Salad
Mixed Fruit

NATIONAL SCHOOL LUNCH WEEK ★ OCT 12TH-16TH ★ 2026 ★

¹²



¹³
Pop Corn Chicken Bites

Fish Nuggets

Fries
Cucumber Slices
Pears

¹⁴
French Toast Sticks w/ Turkey Sausage Corn Dog Bites

Tater Tots
Celery Sticks
Applesauce

¹⁵
Hot Dog

Egg & Cheese Sandwich

Veggie Baked Beans
Tomatoes
Peaches

¹⁶
Cheese Pizza Slice

Turkey & Cheese Sandwich

Broccoli
Caesar Salad
Mixed Fruit

¹⁹
Macaroni & Cheese w/ roll

Cheeseburger

Broccoli
Baby Carrots
Peaches

²⁰
Chicken Tenders w/roll

Vegetarian Chili

Corn
Cucumber Slices
Pears

²¹
Pancakes w/ Turkey Sausage

Garden Salad w/ Flatbread
Tater Tots
Celery Sticks
Applesauce

²²
Grilled Cheese

Hot Ham & Cheese

Tomato Soup
Tomatoes
Peaches

²³
Cheese Pizza Slice

Turkey & Cheese Sandwich

Broccoli
Caesar Salad
Mixed Fruit

²⁶
Chicken & Potato Wedge Bowl

Cheese Quesadilla

Garbanzo Beans
Baby Carrots
Peaches

²⁷
Taco in a Bag

Egg & Cheese Sandwich

Corn
Cucumber Slices
Pears

²⁸
French Toast Sticks w/ Turkey Sausage

Garden Salad w/ Flatbread
Tater Tots
Celery Sticks
Applesauce

²⁹
Chicken Nuggets w/ Roll

Fish Nuggets w/ roll

Corn
Tomatoes
Peaches

³⁰
½ Day Pk-12



Choice of Fat-free White, Fat-free Chocolate or 1% White Milk offered with every meal.

Choose 3 to 5 components each day,
which may include one entree.
One of the components must be a fruit or vegetable.

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A complete Breakfast is served at all schools.

Choice of Milk Available with Breakfast:

Low-Fat White, Fat Free White,
Fat Free Chocolate



Maryvale UFSD

October 2026

K-12 Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A reimbursable meal consists of a fruit/juice and two other items.

Students may take up to 1 cup of fruit:

Fresh, prepared
or juice.



5 Blueberry Muffin w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	6 Cereal Bar Variety w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	7 Mini Donuts Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	1 Warm Cinnamon Bun Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	2 Oatmeal Breakfast Round Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety
12  INDIGENOUS PEOPLES' DAY NO SCHOOL	13 Cereal Bar Variety w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	14 Mini Donuts Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	15 Warm Cinnamon Bun Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	16 Oatmeal Breakfast Round Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety
19 Chocolate Chip Muffin Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	20 Cereal Bar Variety w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	21 Mini Donuts Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	22 Pop Tart w/ Graham Cracker Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	23 Benefit Bar Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety
26 Blueberry Muffin w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	27 Cereal Bar Variety w/ Graham Crackers Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	28 Mini Donuts Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	29 Warm Cinnamon Bun Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety	30 Oatmeal Breakfast Round Fresh Fruit Variety Fruit Cup 100 % Fruit Juice Milk Variety



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