



Montevideo Ramsey Breakfast

October
2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			Breakfast Taco	Breakfast Banana Split Yogurt Parfait
			Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
			Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5	6	7	8	9
Sausage & Cheese on a Biscuit	Brekkie, WG	Chicken Breakfast Biscuit	Cinnamon Roll, WG	Turkey Sausgae Breakfast Flatbread
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12	13	14	15	16
Egg & Cheese on English Muffin	Cinnamon Cream Cheese Filled Bagel, WG	No School	No School	No School
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers			
Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk			
19	20	21	22	23
Egg & Cheese on a Biscuit	Pancake on a Stick, WG	Blueberry Muffin, WG Cheese Stick	Breakfast Taco	Breakfast Banana Split Yogurt Parfait
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26	27	28	29	30
Sausage & Cheese on a Biscuit	Brekkie, WG	Chicken Breakfast Biscuit	Cinnamon Roll, WG	Turkey Sausgae Breakfast Flatbread
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
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PRICES	EXTRA INFO
Student Breakfast	FREE
Extra Milk	\$0.50
Adult Breakfast	\$2.55

Please email Vanessa Hunt at
MontevideoFSD@Taher.com
with any questions.



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Ramsey Elementary Lunch

October
2026

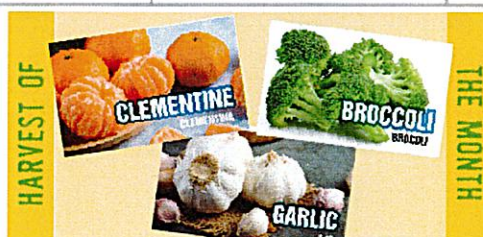


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Corn Dog Turkey and Cheese Sandwich Baked Beans, Vegetarian Other Vegetable Applesauce Fresh Grapes Choice of Milk	2 Pasta w/ Hearty Meat Sauce Homemade Garlic Toast Turkey & Cheese Flatbread Munchable Roasted Broccoli Other Vegetable Diced Pear Banana
5 Roasted Beef Hot Dog on a Bun Turkey and Cheese Sandwich French Fries Red/Orange Vegetable Diced Peaches Fresh Pear Choice of Milk	6 Lasagna Rollup with Sauce Homemade Garlic Toast Ham & Cheese Sandwich Roasted Broccoli Red/Orange Vegetable Mixed Fruit Banana Choice of Milk	7 Chicken Potstickers Fried Rice Turkey and Cheese Sandwich Kung Fu Carrots Red/Orange Vegetable Pineapple Tidbits Fresh Grapes Choice of Milk	8 Beefy Nachos with Homemade Cheese Ham & Cheese Sandwich Salsa Red/Orange Vegetable Black Beans Applesauce Fresh Orange Quarters Choice of Milk	9 Cheese Pizza Turkey and Cheese Sandwich California Blend Vegetable Red/Orange Vegetables Sliced Pears Banana Choice of Milk
12 Chicken Taco Meat Taco Fixing Turkey & Cheese Flatbread Munchable Refried Beans Other Vegetable Diced Peaches Fresh Pear Choice of Milk	13 Popcorn Chicken Bowl Dinner Roll Turkey and Cheese Sandwich Roasted Broccoli Other Vegetable Mixed Fruit Fresh Grapes Choice of Milk	14 No School	15 No School	16 No School
19 Cheesy Bosco Stick Marinara Sauce Ham & Cheese Sandwich The Kids Made Green Beans Red/Orange Vegetable Diced Peaches Fresh Grapes Choice of Milk	20 All American Hamburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Red/Orange Vegetable Mixed Fruit Banana	21 Homemade Orange Chicken Brown Rice, WG Turkey and Cheese Sandwich Steamed Carrots Red/Orange Vegetable Pineapple Tidbits Fresh Orange Quarters Choice of Milk	22 Creamy Chicken Spaghetti Dinner Roll Ham & Cheese Sandwich Roasted Broccoli Red/Orange Vegetable Applesauce Apple Slices Choice of Milk	23 Country Fried Chicken and Gravy Ham & Cheese Sandwich Mashed Potatoes Glazed Carrots Red/Orange Vegetable Diced Pear Fresh Grapes Choice of Milk
26 Grilled Ham & Cheese Sandwich Turkey and Cheese Sandwich Sweet Potato Tots Other Vegetable Diced Peaches Banana Choice of Milk	27 Macaroni & Cheese Dinner Roll Turkey and Cheese Sandwich Craving Chicken Salad Kung Fu Carrots Other Vegetable Mixed Fruit Fresh Pear Choice of Milk	28 Fluffy Pancakes Sausage Patty Scrambled Egg Ham & Cheese Sandwich Tater Tots Cauliflower Floret Mixed Fruit Fresh Grapes Choice of Milk	29 Cheeseburger Burger Fixings Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Cucumber Slices Mixed Fruit Fresh Pear Choice of Milk	30 Grilled Cheese Sandwich Marinara Sauce Ham & Cheese Sandwich Green Peas Baby Carrots Diced Peaches Apple Choice of Milk

PRICES	Student Lunch	FREE
	Extra Milk	\$0.50
	Adult Lunch	\$5.30

EXTRA INFO

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Montevideo Sanford Breakfast

October
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1	2
			Breakfast Taco	Breakfast Banana Split Yogurt Parfait
			Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
			Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5	6	7	8	9
Sausage & Cheese on a Biscuit	Brekkie, WG	Chicken Breakfast Biscuit	Cinnamon Roll, WG	Turkey Sausage Breakfast Flatbread
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12	13	14	15	16
Egg & Cheese on English Muffin	Cinnamon Cream Cheese Filled Bagel, WG	No School	No School	No School
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers			
Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk			
19	20	21	22	23
Egg & Cheese on a Biscuit	Pancake on a Stick, WG	Blueberry Muffin, WG Cheese Stick	Breakfast Taco	Breakfast Banana Split Yogurt Parfait
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
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26	27	28	29	30
Sausage & Cheese on a Biscuit	Brekkie, WG	Chicken Breakfast Biscuit	Cinnamon Roll, WG	Turkey Sausage Breakfast Flatbread
Cheerios Graham Crackers	Cinnamon Chex Graham Crackers	Cinnamon Toast Crunch Cereal, WG Graham Crackers	Cocoa Puffs Cereal, WG Graham Crackers	Lucky Charms Cereal Graham Crackers
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PRICES	Student Breakfast	FREE
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EXTRA INFO		

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Sanford Elementary School Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Corn Dog Turkey and Cheese Sandwich Baked Beans, Vegetarian Other Vegetable Applesauce Fresh Grapes Choice of Milk	2 Pasta w/ Hearty Meat Sauce Homemade Garlic Toast Turkey & Cheese Flatbread Munchable Roasted Broccoli Other Vegetable Diced Pear Fresh Orange Quarters
5 Roasted Beef Hot Dog on a Bun Turkey and Cheese Sandwich French Fries Red/Orange Vegetable Diced Peaches Banana Choice of Milk	6 Lasagna Rollup with Sauce Homemade Garlic Toast Ham & Cheese Sandwich Roasted Broccoli Red/Orange Vegetable Mixed Fruit Fresh Pear Choice of Milk	7 Chicken Potstickers Fried Rice Turkey and Cheese Sandwich Kung Fu Carrots Red/Orange Vegetable Pineapple Tidbits Fresh Grapes Choice of Milk	8 Beefy Nachos with Homemade Cheese Ham & Cheese Sandwich Salsa Red/Orange Vegetable Black Beans Applesauce Banana Choice of Milk	9 Cheese Pizza Turkey and Cheese Sandwich California Blend Vegetable Red/Orange Vegetables Sliced Pears Banana Choice of Milk
12 Chicken Taco Meat Taco Fixing Turkey & Cheese Flatbread Munchable Refried Beans Other Vegetable Diced Peaches Fresh Pear Choice of Milk	13 Popcorn Chicken Bowl Dinner Roll Turkey and Cheese Sandwich Roasted Broccoli Other Vegetable Mixed Fruit Fresh Orange Quarters Choice of Milk	14 No School	15 No School	16 No School
19 Cheesy Bosco Stick Marinara Sauce Ham & Cheese Sandwich The Kids Made Green Beans Red/Orange Vegetable Diced Peaches Fresh Grapes Choice of Milk	20 All American Hamburger on WG Bun Burger Fixings Turkey & Cheese Flatbread Munchable Baked Beans, Vegetarian Roasted Corn Red/Orange Vegetable Mixed Fruit	21 Homemade Orange Chicken Brown Rice, WG Turkey and Cheese Sandwich Steamed Carrots Kidney Beans Red/Orange Vegetable Pineapple Tidbits Apple Slices Choice of Milk	22 Creamy Chicken Spaghetti Dinner Roll Ham & Cheese Sandwich Roasted Broccoli Red/Orange Vegetable Black Beans Applesauce Fresh Orange Quarters Choice of Milk	23 Country Fried Chicken and Gravy Ham & Cheese Sandwich Mashed Potatoes Glazed Carrots Spiced Pinto Beans Red/Orange Vegetable Diced Pear Fresh Grapes
26 Grilled Ham & Cheese Sandwich Turkey and Cheese Sandwich Sweet Potato Tots Other Vegetable Baked Beans, Vegetarian Diced Peaches Banana Choice of Milk	27 Macaroni & Cheese Dinner Roll Turkey and Cheese Sandwich Craving Chicken Salad Kidney Beans Kung Fu Carrots Other Vegetable Mixed Fruit Fresh Pear	28 Fluffy Pancakes Sausage Patty Scrambled Egg Ham & Cheese Sandwich Tater Tots Chickpea Waldorf Salad Baby Carrots Mixed Fruit Fresh Grapes	29 Cheeseburger Burger Fixings Turkey & Cheese Flatbread Munchable Steamed Green Beans Cauliflower Floret Mixed Fruit Banana Choice of Milk	30 Cheesy Bosco Stick Homemade Marinara Sauce Ham & Cheese Sandwich Green Peas Baby Carrots Diced Peaches Fresh Orange Quarters Choice of Milk

PRICES	Student Lunch	FREE
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Montevideo Middle School Breakfast

October
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Breakfast Taco Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	2 Breakfast Banana Split Yogurt Parfait Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Sausage & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Brekkie, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	7 Chicken Breakfast Biscuit Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	8 Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	9 Turkey Sausgae Breakfast Flatbread Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12 Egg & Cheese on English Muffin Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	14 No School	15 No School	16 No School
19 Egg & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Pancake on a Stick, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	21 Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	22 Breakfast Taco Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	23 Breakfast Banana Split Yogurt Parfait Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26 Sausage & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	27 Brekkie, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	28 Chicken Breakfast Biscuit Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	29 Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	30 Turkey Sausgae Breakfast Flatbread Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk

PRICES

Student Breakfast	FREE
Extra Milk	\$0.50
Adult Breakfast	\$2.55

EXTRA INFO

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HARVEST OF



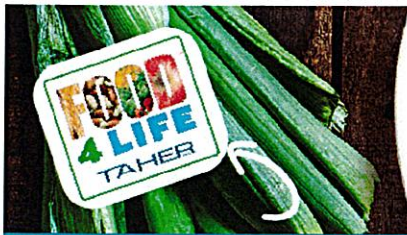
THE MONTH

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Montevideo Middle School Lunch



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October
2026

MONDAY

THURSDAY 1

Chef's House Classics Creamy Chicken Spaghetti, Dinner Roll

Good Eats Diner Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun

Grab & Go Turkey BLT Wrap, Crispy Chicken Salad

The Patch Roasted Broccoli, Celery Sticks, Applesauce, Fresh Orange Quarters, 1% Unflavored White Milk, 1% low

TUESDAY

FRIDAY 2

Chef's House Classics Country Fried Chicken and Gravy

Chef's House ClassicsThe Flaky Biscuit

Good Eats Diner All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun

Grab & Go Turkey BLT Wrap, Crispy Chicken Salad

The Patch Mashed Potatoes, Cucumber Slices, Diced Pear, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

Harvest of the Month



Please email Vanessa Hunt at MontevideoFSD@TaHER.com with any questions.

Adult Breakfast \$2.55

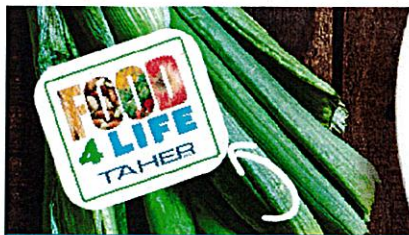
Adult Lunch \$5.30

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WEDNESDAY

EXTRA INFO



Montevideo Middle School Lunch



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October
2026

5 MONDAY

- Chef's House Classics** Grilled Ham & Cheese Sandwich
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Sweet Potato Tots, Diced Red/Orange Bell Pepper, Diced Peaches, Banana, 1% Unflavored W

8 THURSDAY

- Chef's House Classics** Chicken Chili Crispito, Spanish Rice
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Spiced Pinto Beans, Radish, Salsa, Applesauce, Banana, 1% Unflavored White Milk, 1% low Fat Chocolate

6 TUESDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Kung Fu Carrots, Celery Sticks, Salsa, Mixed Fruit, Fresh Orange Quarters, 1% Unflavored White Mil

9 FRIDAY

- Chef's House Classics** Lasagna, Garlic Toast
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Roasted Broccoli, Diced Red/Orange Bell Pepper, Diced Pear, Apple Slices, 1% Unflavored White Milk, 1

7 WEDNESDAY

- Chef's House Classics** Homestyle Meatloaf, Dinner Roll
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Mashed Potatoes, Gravy, Cucumber Slices, Pineapple Tidbits, Apple Slices, 1% Unflavored White Milk, 1

EXTRA INFO

Harvest of the Month

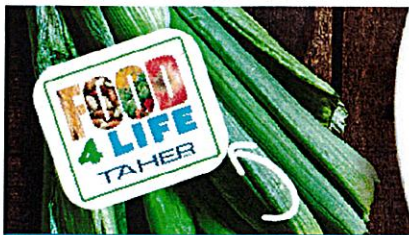


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Montevideo Middle School Lunch



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October
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12
MONDAY

- Chef's House Classics** BYO Mac and Cheese, Dinner Roll
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Honey Mustard Ham Wrap, Korean Dumpling Salad
- The Patch** Collard Greens, Diced Peaches, Baby Carrots, Fresh Pear, 1% Unflavored White Milk, 1% low Fat

15
THURSDAY

No School

13
TUESDAY

- Chef's House Classics** Chicken Gyro
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Honey Mustard Ham Wrap, Korean Dumpling Salad
- The Patch** French Fries, Cucumber Slices, Mixed Fruit, Fresh Orange Quarters, 1% Unflavored White Milk, 1% low

16
FRIDAY

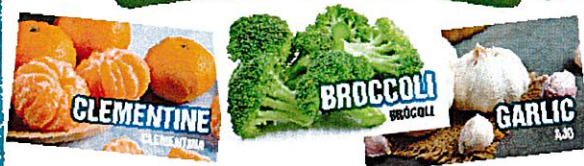
No School

14
WEDNESDAY

No School

EXTRA INFO

Harvest of the Month



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October
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19 MONDAY

- Chef's House Classics** Philly Cheesesteak, Cucumber Ranch Salad
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
- The Patch** Steamed Peas, Baby Carrots, Diced Peaches, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

22 THURSDAY

- Chef's House Classics** Chicken Chili Crispito, Spanish Rice, Salsa
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
- The Patch** Black Beans, Celery Sticks, Applesauce, Fresh Orange Quarters, 1% Unflavored White Milk, 1% low

20 TUESDAY

- Chef's House Classics** Fluffy Pancakes, with Fruit Topping, Easy Egg Bake
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
- The Patch** Sweet Potato Tots, Mixed Fruit, Fresh Pear, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

23 FRIDAY

- Chef's House Classics** Pasta with Hearty Meat Sauce, Garlic Toast
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
- The Patch** HOM - Roasted Broccoli, Diced Red/Orange Bell Pepper, Diced Pear, Fresh Pear, 1% Unflavored Wh

21 WEDNESDAY

- Chef's House Classics** Homemade Orange Chicken, Brown Rice, WG
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
- The Patch** Steamed Carrots, Baby Carrots, Pineapple Tidbits, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

EXTRA INFO

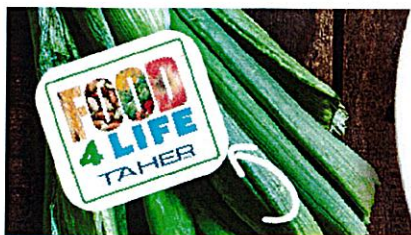


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26 MONDAY

- Chef's House Classics** Roasted Beef Hot Dog on a Bun, Multigrain Sunchip
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** French Fries, Radish, Diced Peaches, Banana, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

29 THURSDAY

- Chef's House Classics** Oven Fried Chicken Leg, Italian Pasta Salad, Dinner Roll
- Chef's House ClassicsThe** Flaky Biscuit
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Baked Beans, Vegetarian, Cucumber Slices, Applesauce, Banana, 1% Unflavored White Milk,

27 TUESDAY

- Chef's House Classics** Lasagna, Garlic Toast
- Good Eats Diner** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Roasted Broccoli, Celery Sticks, Mixed Fruit, Apple Slices, 1% Unflavored White Milk, 1% low Fat

30 FRIDAY

- Chef's House Classics** Toasted Cheese Sandwich, Choice of Soup, Goldfish Crackers
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** California Blend Vegetable, Baby Carrots, Sliced Pears, Fresh Orange Quarters, 1% Unflavored White Mil

28 WEDNESDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Kung Fu Carrots, Baby Carrots, Pineapple Tidbits, Fresh Pear, 1% Unflavored White Milk, 1% low Fat

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Montevideo High School Breakfast

October
2026

This is the subheader



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Breakfast Taco Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	2 Breakfast Banana Split Yogurt Parfait Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
5 Sausage & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	6 Brekkie, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	7 Chicken Breakfast Biscuit Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	8 Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	9 Turkey Sausgae Breakfast Flatbread Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
12 Egg & Cheese on English Muffin Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	13 Cinnamon Cream Cheese Filled Bagel, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	14 No School	15 No School	16 No School
19 Egg & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	20 Pancake on a Stick, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	21 Blueberry Muffin, WG Cheese Stick Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	22 Breakfast Taco Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	23 Breakfast Banana Split Yogurt Parfait Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk
26 Sausage & Cheese on a Biscuit Cheerios Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	27 Brekkie, WG Cinnamon Chex Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	28 Chicken Breakfast Biscuit Cinnamon Toast Crunch Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	29 Cinnamon Roll, WG Cocoa Puffs Cereal, WG Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk	30 Turkey Sausgae Breakfast Flatbread Lucky Charms Cereal Graham Crackers Fruit Selection Juice Selection 1% Unflavored White Milk 1% low Fat Chocolate Milk

PRICES

Student Breakfast	FREE
Extra Milk	\$0.50
Adult Breakfast	\$2.55

EXTRA INFO

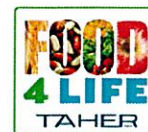
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HARVEST OF



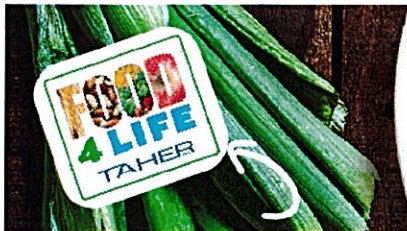
THE MONTH

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October
2026

MONDAY

TUESDAY

WEDNESDAY

1 THURSDAY

2 FRIDAY

EXTRA INFO

- Chef's House Classics** Creamy Chicken Spaghetti, Dinner Roll
- Upper Crust Pizza** Buffalo Chicken Pizza, Cheese Pizza
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- The Patch** Roasted Broccoli, Celery Sticks, Applesauce, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

- Chef's House Classics** Country Fried Chicken and Gravy, Flaky Biscuit
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey BLT Wrap, Crispy Chicken Salad
- The Patch** Mashed Potatoes, Cucumber Slices, Diced Pear, Fresh Orange Quarters, 1% Unflavored White Milk, 1% low

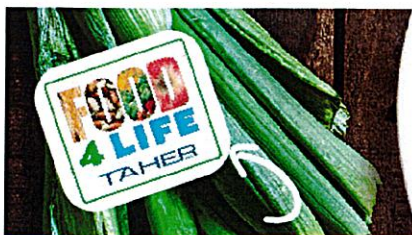


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Adult Breakfast \$2.55
Adult Lunch \$5.30

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5 MONDAY

- Chef's House Classics** Grilled Ham & Cheese Sandwich
- Upper Crust Pizza** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Sweet Potato Tots, Cherry Tomato, Diced Peaches, Banana, 1% Unflavored White Milk, 1% low Fat

8 THURSDAY

- Chef's House Classics** Chicken Chili Crispito, Spanish Rice
- Upper Crust Pizza** Homemade Pepperoni Pizza, Meat Lovers Pizza
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Spiced Pinto Beans, Baby Carrots, Salsa, Applesauce, Apple Slices, 1% Unflavored White Milk, 1% low Fat

6 TUESDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Upper Crust Pizza** Chicken Bacon Ranch Pizza, Cheeseburger Pizza
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Kung Fu Carrots, Red/orange Bell Pepper Strips, Salsa, Mixed Fruit, Fresh Pear, 1% Unflavored White M

9 FRIDAY

- Chef's House Classics** Lasagna, Garlic Toast
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Roasted Broccoli, Celery Sticks, Diced Pear, Banana, 1% Unflavored White Milk, 1% low Fat Chocolate

7 WEDNESDAY

- Chef's House Classics** Homestyle Meatloaf, Dinner Roll
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Ham and Cheese Charcuterie, Craving Chicken Salad
- The Patch** Mashed Potatoes, Gravy, Cauliflower Floret, Pineapple Tidbits, Fresh Grapes, 1% Unflavore

EXTRA INFO

Harvest of the Month

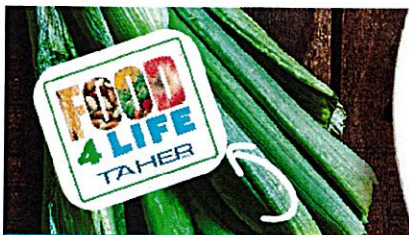


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12
MONDAY

- Chef's House Classics** BYO Mac and Cheese, Dinner Roll
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Honey Mustard Ham Wrap, Korean Dumpling Salad
- The Patch** Collard Greens, Red/Orange Bell Pepper Strips, Diced Peaches, Fresh Pear, 1% Unflavored White Milk, 1%

15
THURSDAY

No School

13
TUESDAY

- Chef's House Classics** Chicken Gyro
- Upper Crust Pizza** Homemade Pepperoni & Sausage Pizza, Homemade Sausage Pizza
- Grab & Go** Honey Mustard Ham Wrap, Korean Dumpling Salad
- The Patch** French Fries, Radish, Mixed Fruit, Banana, 1% Unflavored White Milk, 1% low Fat Chocolate Milk

16
FRIDAY

No School

14
WEDNESDAY

No School

EXTRA INFO

Harvest of the Month



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19
MONDAY

Chef's House Classics	Philly Cheesesteak, Cucumber Ranch Salad
Good Eats Diner	All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
Grab & Go	NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
The Patch	Steamed Peas, Baby Carrots, Diced Peaches, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

22
THURSDAY

Chef's House Classics	Chicken Chili Crispito, Spanish Rice, Salsa
Upper Crust Pizza	Veggie Pizza, Homemade Cheese Pizza
Grab & Go	NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
The Patch	Black Beans, Celery Sticks, Applesauce, Fresh Orange Quarters, 1% Unflavored White Milk, 1% low

20
TUESDAY

Chef's House Classics	Fluffy Pancakes, with Fruit Topping, Easy Egg Bake
Upper Crust Pizza	Hawaiian Pizza, Philly Cheesesteak Pizza
Grab & Go	NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
The Patch	Sweet Potato Tots, Cucumber Slices, Mixed Fruit, Banana, 1% Unflavored White Milk, 1% low Fat

23
FRIDAY

Chef's House Classics	Pasta with Hearty Meat Sauce, Garlic Toast
Good Eats Diner	All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
Grab & Go	NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
The Patch	HOM - Roasted Broccoli, Cauliflower Floret, Diced Pear, Fresh Pear, 1% Unflavored White M

21
WEDNESDAY

Chef's House Classics	Homemade Orange Chicken, Brown Rice, WG
Good Eats Diner	All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
Grab & Go	NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie, Southwest Chicken Salad
The Patch	Steamed Carrots, Baby Carrots, Pineapple Tidbits, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

EXTRA INFO

Harvest of the Month

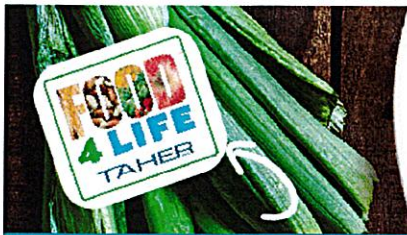


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26 MONDAY

- Chef's House Classics** Roasted Beef Hot Dog on a Bun, Multigrain Sunchip
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** French Fries, Cherry Tomato, Diced Peaches, Banana, 1% Unflavored White Milk, 1% low Fat Chocolate

29 THURSDAY

- Chef's House Classics** Oven Fried Chicken Leg, Pepperoni Pizza, Homemade Pepperoni Pizza
- Chef's House ClassicsThe** Flaky Biscuit
- Upper Crust Pizza** Cheeseburger on WG Bun, Spicy Chicken Patty on WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Baked Beans, Vegetarian, Cucumber Slices, Applesauce, Fresh Pear, 1% Unflavored White Milk, 1%

27 TUESDAY

- Chef's House Classics** Lasagna, Garlic Toast
- Upper Crust Pizza** Chicken Bacon Ranch Pizza, Chicken Alfredo Pizza
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Roasted Broccoli, Celery Sticks, Mixed Fruit, Fresh Grapes, 1% Unflavored White Milk, 1% low Fat

30 FRIDAY

- Chef's House Classics** Toasted Cheese Sandwich, Choice of Soup, Goldfish Crackers
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** California Blend Vegetable, Baby Carrots, Sliced Pears, Banana, 1% Unflavored White Milk, 1% low Fat

28 WEDNESDAY

- Chef's House Classics** Chicken Potstickers, Chicken Fried Rice
- Good Eats Diner** All Amerian Hamburger on WG Bun, Crispy Chicken Sandwich WG Bun
- Grab & Go** Turkey and Cheese Sandwich, Chicken Caesar Salad
- The Patch** Kung Fu Carrots, Baby Carrots, Pineapple Tidbits, Banana, 1% Unflavored White Milk, 1% low Fat

EXTRA INFO

Harvest of the Month



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Adult Breakfast \$2.55
Adult Lunch \$5.30

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Hawks Nest Breakfast

October
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Cinnamon Toast Crunch Cereal, WG Fruit Selection 1% Unflavored White Milk	2 Toast, WG Fruit Selection 1% Unflavored White Milk
5 Sausage & Cheese on a Biscuit Fruit Selection 1% Unflavored White Milk	6 Trix Cereal Fruit Selection 1% Unflavored White Milk	7 Chicken Breakfast Biscuit Fruit Selection 1% Unflavored White Milk	8 Cheese Omelet Fruit Selection 1% Unflavored White Milk	9 Cheerios Fruit Selection 1% Unflavored White Milk
12 Cocoa Puff Cereal Bowl, WG Fruit Selection 1% Unflavored White Milk	13 Toast, WG Fruit Selection 1% Unflavored White Milk	14 Choice of Cereal Fruit Selection 1% Unflavored White Milk	15 French Toast Sticks, WG Fruit Selection 1% Unflavored White Milk	16 Waffle Sticks, WG Fruit Selection 1% Unflavored White Milk
19 Egg & Cheese on a Biscuit Fruit Selection 1% Unflavored White Milk	20 Pancake on a Stick, WG Fruit Selection 1% Unflavored White Milk	21 Toast, WG Fruit Selection 1% Unflavored White Milk	22 Cinnamon Toast Crunch Cereal, WG Fruit Selection 1% Unflavored White Milk	23 Toast, WG Fruit Selection 1% Unflavored White Milk
26 Sausage & Cheese on a Biscuit Fruit Selection 1% Unflavored White Milk	27 Choice of Cereal Fruit Selection 1% Unflavored White Milk	28 Lucky Charms Cereal Fruit Selection 1% Unflavored White Milk	29 Cheese Omelet Fruit Selection 1% Unflavored White Milk	30 Cheerios Fruit Selection 1% Unflavored White Milk

PRICES	Student Breakfast	FREE
	Extra Milk	\$0.50
	Adult Breakfast	\$2.55
EXTRA INFO		

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Hawk Nest Lunch

October
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Corn Dog Baked Beans, Vegetarian Applesauce 1% Unflavored White Milk	2 Pasta w/ Hearty Meat Sauce Roasted Broccoli Diced Pear 1% Unflavored White Milk
5 Roasted Beef Hot Dog on a Bun French Fries Banana 1% Unflavored White Milk	6 Lasagna Rollup with Sauce Roasted Broccoli Mixed Fruit 1% Unflavored White Milk	7 Chicken Potstickers Fried Rice Banana 1% Unflavored White Milk	8 Ham & Cheese Sandwich Black Beans Applesauce 1% Unflavored White Milk	9 Cheese Pizza California Blend Vegetable Sliced Pears 1% Unflavored White Milk
12 Chicken Taco Meat Taco Fixing Refried Bean & Cheese Burrito Diced Peaches 1% Unflavored White Milk	13 Popcorn Chicken Bowl Roasted Broccoli Mixed Fruit 1% Unflavored White Milk	14 Beef Tacos, Soft Roasted Lemon Herb Chickpeas Mixed Fruit 1% Unflavored White Milk	15 Crispy Chicken Sandwich WG Bun Sweet Potato Tots Dinner Roll Fresh Fruit 1% Unflavored White Milk	16 Turkey & Cheese Flatbread Munchable FILL IN SPECIAL Steamed Green Beans Pineapple Tidbits 1% Unflavored White Milk
19 Cheesy Bosco Stick Marinara Sauce Red/Orange Vegetable Diced Peaches 1% Unflavored White Milk	20 All American Hamburger Burger Fixings Roasted Corn Mixed Fruit 1% Unflavored White Milk	21 Turkey and Cheese Sandwich Steamed Carrots Pineapple Tidbits 1% Unflavored White Milk	22 Ham & Cheese Sandwich Roasted Broccoli Applesauce 1% Unflavored White Milk	23 Country Fried Chicken and Gravy Mashed Potatoes Diced Pear 1% Unflavored White Milk
26 Grilled Ham & Cheese Sandwich Sweet Potato Tots Diced Peaches 1% Unflavored White Milk	27 Turkey and Cheese Sandwich Other Vegetable Mixed Fruit 1% Unflavored White Milk	28 Fluffy Pancakes Scrambled Egg Tater Tots Mixed Fruit 1% Unflavored White Milk	29 Cheeseburger Burger Fixings Steamed Green Beans Mixed Fruit 1% Unflavored White Milk	30 Grilled Cheese Sandwich Green Peas Diced Peaches 1% Unflavored White Milk

PRICES

Student Lunch	FREE
Extra Milk	\$0.50
Adult Lunch	\$5.30

EXTRA INFO

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HARVEST OF
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THE MONTH

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