



OCTOBER 2026

Middlesex County Public Schools

Complete Your Breakfast!
Your Choice of 1 Delicious Entrée
1-2 Servings of Fruit
1 Choice of Milk

Monday

Tuesday

Wednesday

Thursday

Friday



5

Golden French Toast Sticks
Assorted Fruits
Assorted Milk

6

Southern Chicken Biscuit
Assorted Fruits
Assorted Milk

7

Maple Madness Mini Waffles
Assorted Fruits
Assorted Milk

8

Egg & Cheese Breakfast Bagel
Assorted Fruits
Assorted Milk

9

Yogurt + Super Donut
Assorted Fruits
Assorted Milk

12

Chicken Sausage English Muffin
Assorted Fruits
Assorted Milk

13

Buttermilk Pancakes
Assorted Fruits
Assorted Milk

14

Breakfast Pizza
Assorted Fruits
Assorted Milk

15

Warm Baked Cinnamon Roll
Assorted Fruits
Assorted Milk

16

Sunrise Turkey Sausage Melt
Assorted Fruits
Assorted Milk

19

Golden French Toast Sticks
Assorted Fruits
Assorted Milk

20

Southern Chicken Biscuit
Assorted Fruits
Assorted Milk

21

Maple Madness Mini Waffles
Assorted Fruits
Assorted Milk

22

Egg & Cheese Breakfast Bagel
Assorted Fruits
Assorted Milk

23

Yogurt + Super Donut
Assorted Fruits
Assorted Milk

26

Chicken Sausage English Muffin
Assorted Fruits
Assorted Milk

27

Buttermilk Pancakes
Assorted Fruits
Assorted Milk

28

Breakfast Pizza
Assorted Fruits
Assorted Milk

29

Warm Baked Cinnamon Roll
Assorted Fruits
Assorted Milk

30

Sunrise Turkey Sausage Melt
Assorted Fruits
Assorted Milk

Additional Daily Entrée Options Available *Options vary by school. Please see your Café Manager for details*

This Institution is an equal opportunity provider and employer

Menus are subject to change without notice due to product availability

Christopher McBurney, Supervisor of Nutrition, cmcburney@mcps.k12.va.us



PAY FOR MEALS ONLINE
[MySchoolBucks.com](https://www.myschoolbucks.com)



OCTOBER 2026

Middlesex County Public Schools

Build Your Perfect Lunch!
1 Entrée + 1-2 Veggies + 1-2 Fruits + 1 Milk
*Pick Your Veggies * Choose Your Fruits * Grab Your Milk*

Monday

Tuesday

Wednesday

Thursday

Friday



5
Cheesy Garlic Bread Pizza
Marinara Cup
Italian Vegetable Blend
Assorted Fruits
Assorted Milk

6
Buttermilk Pancakes
Chicken Sausage Links
Hashbrown
Assorted Fruits
Assorted Milk

7
Sweet & Sour Chicken
Vegetable Fried Rice
Edamame
Assorted Fruits
Assorted Milk

1
Chicken Nuggets
Garlic Knot
Vanilla Sugar Sweet Potato Fry
Collard Greens
Assorted Fruits
Assorted Milk

2
Café Pizza Day
Assorted Veggies & Dip
Assorted Fruits
Assorted Milk

12
Mac N' Cheese
Corn Muffin
Broccoli
Assorted Fruits
Assorted Milk

13
Chicken BBQ Sandwich
French Fries
Baked Beans
Assorted Fruits
Assorted Milk

14
Breaded Cheese Ravioli
Marinara Cup
Italian Vegetable Blend
Assorted Fruits
Assorted Milk

15
EARLY DISMISSAL
Grab & Go Bag Lunch
Assorted Fruits
Assorted Milk

16
NO SCHOOL

19
Cheesy Pull Apart Bread
Marinara Cup
Italian Vegetable Blend
Assorted Fruits
Assorted Milk

20
Cheeseburger
French Fries
Green Beans
Assorted Fruits
Assorted Milk

21
Walking Tacos w/ Turkey & Cheese
Roasted Corn & Peppers
Black Beans
Assorted Fruits
Assorted Milk

22
Chicken Nuggets
Garlic Knot
Vanilla Sugar Sweet Potato Fry
Collard Greens
Assorted Fruits
Assorted Milk

23
Café Pizza Day
Assorted Veggies & Dip
Assorted Fruits
Assorted Milk

26
Cheesy Garlic Bread Pizza
Marinara Cup
Italian Vegetable Blend
Assorted Fruits
Assorted Milk

27
Buttermilk Pancakes
Chicken Sausage Links
Hashbrown
Assorted Fruits
Assorted Milk

28
Sweet & Sour Chicken
Vegetable Fried Rice
Edamame
Assorted Fruits
Assorted Milk

29
Chicken Tenders
Hawaiian Sweet Roll
Potato Wedges
Garden Veggie Blend
Assorted Fruits
Assorted Milk

30
Café Pizza Day
Assorted Veggies & Dip
Assorted Fruits
Assorted Milk

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