



L.K. Moss Elementary School

OCTOBER, 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1 TEACHER PLANNING	2  FALL BREAK	(M) (T) (W) (Th)TEACHER PLANNING (F)FALL BREAK Milk Everyday
5  FALL BREAK	6  FALL BREAK	7 Chicken Tenders Steamed Broccoli Mashed Potatoes Roll Fruit	8 Chicken Fajita Wrap Corn on Cob Seasoned Black Beans Cookie Fruit	9 Calzone California Blend Veggies Baby Carrots w/ranch Fruit	(M)FALL BREAK (T)FALL BREAK (W)Donut, Nutrigrian Bar, Fruit (Th)Poptart, Cheesestick, Fruit (F)Pancakes, Crisp Bars, Fruit Milk Everyday
12 Breakfast for Lunch French Toast Strips w/sausage California Blend Veggies Tater Tots Fruit NATIONAL	13 Taco's w/lettuce/tomato/cheese Corn on Cob Seasoned Black Beans Fruit SCHOOL	14 General Tso Chicken Fried Rice Steamed Carrots Roll Fruit LUNCH	15 Turkey/Cheese Hoagie w/lettuce/tomato Sun Chips Baby Carrots w/ranch Fruit WEEK	16 Chicken Nuggets Broccoli & Cheese Sweet Potato Fries Roll Fruit 2026	(M)Cereal, Donut, Fruit (T)Muffin, Yogurt, Fruit (W)Breakfast Pizza, Cereal, Fruit (Th)Sausage Croissant, Chex Mix, (F)Cereal Bar, Mini Cinnis, Fruit Milk Everyday
19 Cheeseburger Tater Tots Mixed Vegetables Fruit	20 Chicken Quesadilla Seasoned Corn Seasoned Black Beans Fruit	21 Vegetable Beef Soup Grilled Cheese Baby Carrots w/ranch Fruit	22 Chicken Parmesan Steamed Broccoli Mashed Potatoes Roll Fruit	23 Calazone w/salsa Garden Salad w/dressing Seasoned Green Beans Corn on Cob Fruit	(M)Waffles, Cereal, Fruit (T)Muffin, Yogurt, Fruit (W)Donut, Nutrigrian Bar, Fruit (Th)Poptart, Cheesestick, Fruit (F)Pancakes, Crisp Bars, Fruit Milk Everyday
26 Chicken Sandwich Potato Fries Steamed Carrots Fruit	27 BBQ Nacho's Broccoli & Cheese Sweet Potato Fries Fruit	28 Oven Roasted Chicken Macaroni & Cheese Seasoned Green Peas Fruit	29 Chilli w/Baked Potato Seasoned Green Beans Crackers Fruit	30 Pizza w/marinara sauce Seasoned Corn Veggie Dippers Fruit	(M)Cereal, Donut, Fruit (T)Muffin, Yogurt, Fruit (W)Breakfast Pizza, Cereal, Fruit (Th)Sausage Croissant, Chex Mix, (F)Cereal Bar, Mini Cinnis, Fruit Milk Everyday

"DUE TO CIRCUMSTANCES BEYOND OUR CONTROL, MENUS ARE SUBJECT TO CHANGE"



Helpful Information

Milk is offered daily for breakfast and lunch. We offer a variety of milk that is 1% or less fat and either flavored or unflavored. ** Alternate Entrees that may be available ** Deli Sandwich or Chef Salad.



October is national Eat Better, Eat Together month and the perfect time to focus on an important subject...family meals! Aside from nutritional benefits, children and adolescents who eat with their families are also more likely to perform better in school and have fewer behavioral problems.