

ELEMENTARY MENU - OCTOBER 2026

OCTOBER 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Shawarma Salad + Rice	Taco Salad With Spiced Beef and Bean	Dakdoritang (Korean Chicken Stew) With Rice + Greek Salad
OCTOBER 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Elementary	HAPPY THANKSGIVING	Turkey Meatballs With Marinara Pasta + Greek Salad + Hummus	Pesto Pasta + Raw Veg	Chicken* Fry Rice + Raw Veg	Vegetarian Cottage Pie + Greek Salad
OCTOBER 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Elementary	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetarian Chow Mein With Teryaki Tofu + Raw Veg	Beef Irish Stew + Tabbouleh Salad	Chicken* Enchiladas + Green Salad	PRO D DAY
OCTOBER 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Peas + Green Salad	Squash Mac And Cheese + Greek Salad	Butter Chicken* Curry With Rice + Raw Veg	Greek Style Pasta Bake + Greek Salad

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ALLERGY NOTE - Our kitchen is tree nut and peanut free, though the warehouse our kitchen is situated in is not, and so there remains a very small risk of contamination. Out of an abundance of caution we recommend those with highly sensitive, life threatening allergies not participate in our program. We try our best but we cannot guarantee items labeled as made without gluten and/or dairy have not had some contact with either gluten or dairy. These items simply do not contain gluten or dairy as ingredients in their recipes.

DIETARY PREFERENCE NOTE - All of the meat on this menu is HALAL (provided by Berryman Brothers Farms). For vegetarians, we always make sure to provide a fulsome salad and work to keep our meals vegetarian at least 50% of the time.

ELEMENTARY MEAL INFO - OCTOBER 2026

OCTOBER 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Shawarma Salad + Rice	Taco Salad With Spiced Beef And Bean	Dakdoritang (Korean Chicken Stew) With Rice + Greek Salad
Entrée Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy.	Mustard. HUMMUS Contains Sesame	Dairy, Sesame, Mustard.	Soy.	Soy, Sesame, Mustard.
Dietary Restrictions	Vegetarian	Made Without Gluten, Dairy. Vegetarian.	HALAL. Made Without Gluten.	HALAL. Made Without Gluten.	HALAL. Made Without Gluten, Dairy.
OCTOBER 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Elementary	THANKSGIVING	Turkey Meatballs With Marinara Pasta + Greek Salad + Hummus	Pesto Pasta + Raw Veg	Chicken Fry Rice + Raw Veg	Vegetarian Cottage Pie + Greek Salad
Portion Size		1 Meatball	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Gluten, Egg, Soy.	Gluten, Dairy, Egg, Soy.	Sesame.	Dairy, Soy.
Dietary Restrictions		HALAL. Made Without Dairy.	Vegetarian.	HALAL. Made Without Gluten, Dairy.	Vegetarian.
OCTOBER 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Elementary	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetarian Chow Mein With Teryaki Tofu + Raw Veg	Braised Beef Stew + Tabbouleh Salad	Chicken Enchiladas + Green Salad	PRO D DAY
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 Pre cut Enchilada	
Common Allergens	Gluten, Eggs	Gluten, Egg, Sesame, Soy.	Soy.	Gluten, Dairy, Soy.	
Dietary Restrictions	Vegetarian	Made without Dairy. Vegetarian.	HALAL. Made Without Dairy.	HALAL.	
OCTOBER 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Elementary	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Peas + Green Salad	Squash Mac And Cheese + Greek Salad	Butter Chicken Curry With Rice + Raw Veg	Greek Style Pasta Bake + Greek Salad
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dair, Soy.	Dairy.	Gluten, Dairy, Egg.	Mustard.	Gluten, Dairy, Egg, Soy.
Dietary Restrictions	Vegetarian	HALAL. Made Without Gluten.	Vegetarian.	HALAL. Made Without Gluten, Dairy.	Vegetarian.
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MIDDLE/HIGH SCHOOL MENU - OCTOBER 2026

OCTOBER 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Shawarma Salad + Rice	Taco Salad With Spiced Beef And Bean	Dakdoritang (Korean Chicken Stew) With Rice + Greek Salad
OCTOBER 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Mid/High	HAPPY THANKSGIVING	Turkey Meatballs With Marinara Pasta + Sushi Salad	Pesto Pasta + Raw Veg	Chicken Fry Rice + Raw Veg	Vegetarian Cottage Pie + Greek Salad
OCTOBER 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Mid/High	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetarian Chow Mein With Teryaki Tofu + Raw Veg	Braised Beef Stew + Tabbouleh Salad	Chicken Enchiladas + Green Salad	PRO D DAY
OCTOBER 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Vegetables + Green Salad	Squash Mac And Cheese + Sushi Salad	Butter Chicken Curry With Rice + Raw Veg	Greek Style Pasta Bake + Greek Salad

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MID/HIGH MEAL INFO - OCTOBER 2026

OCTOBER 5-9	Monday	Tuesday	Wednesday	Thursday	Friday
	5	6	7	8	9
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Vegetable Curry & Rice + Raw Veg & Hummus	Chicken Shawarma Salad + Rice	Taco Salad With Spiced Beef And Bean	Dakdoritang (Korean Chicken Stew) With Rice + Greek Salad
Entrée Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy.	Mustard. HUMMUS Contains Sesame	Dairy, Sesame, Mustard.	Soy.	Soy, Sesame, Mustard.
Dietary Restrictions	Vegetarian	Made Without Gluten, Dairy. Vegetarian.	HALAL Made Without Gluten.	HALAL Made Without Gluten.	HALAL Made Without Gluten, Dairy.
OCTOBER 12-16	Monday	Tuesday	Wednesday	Thursday	Friday
	12	13	14	15	16
Lunch - Mid/High	THANKSGIVING	Turkey Meatballs With Marinara Pasta + Sushi Salad	Pesto Pasta + Raw Veg	Chicken Fry Rice + Raw Veg	Vegetarian Cottage Pie + Greek Salad
Portion Size		1 Meatball	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens		Gluten, Egg, Soy. SUSHI SALAD Contains Sesame.	Gluten, Dairy, Egg, Soy.	Sesame.	Dairy, Soy.
Dietary Restrictions		HALAL Made Without Dairy.	Vegetarian.	HALAL Made Without Gluten, Dairy.	Vegetarian.
OCTOBER 19-23	Monday	Tuesday	Wednesday	Thursday	Friday
	19	20	21	22	23
Lunch - Mid/High	Marinara Pasta With Egg Noodles + Caesar Salad	Vegetarian Chow Mein With Teryaki Tofu + Raw Veg	Braised Beef Stew + Tabbouleh Salad	Chicken Enchiladas + Green Salad	PRO D DAY
Portion Size	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1/2 Pre cut Enchilada	
Common Allergens	Gluten, Eggs	Gluten, Egg, Sesame, Soy.	Soy.	Gluten, Dairy, Soy.	
Dietary Restrictions	Vegetarian	Made without Dairy. Vegetarian.	HALAL Made Without Dairy.	HALAL	
OCTOBER 26-30	Monday	Tuesday	Wednesday	Thursday	Friday
	26	27	28	29	30
Lunch - Mid/High	Potato & Cheese Perogies + Caesar Salad	Turkey Sausage Hash With Vegetables + Green Salad	Squash Mac And Cheese + Sushi Salad	Butter Chicken Curry With Rice + Raw Veg	Greek Style Pasta Bake + Greek Salad
Portion Size	4 Perogies	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions	1 pan = 20-25 portions
Common Allergens	Gluten, Dairy, Soy.	Dairy.	Gluten, Dairy, Egg. SUSHI SALAD Contains Sesame.	Mustard.	Gluten, Dairy, Egg, Soy.
Dietary Restrictions	Vegetarian	HALAL Made Without Gluten.	Vegetarian.	HALAL Made Without Gluten, Dairy.	Vegetarian.
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