## October 2025

## St. Vivian School

USDA Daily Requirements K thru 8
Protein 1.5 oz. per, Fruits 4oz, Vegetables 6oz, Whole Grains 1 serving

## This institution is an equal opportunity provider.

| 29-Sep  | 30-Sep  | 1-Oct  | 2-Oct  | 3-Oct  |
|---|---|--|--|--|
| Soft Pretzel Bites  | Pancakes  | Boneless Chicken   | Pizza  | No School  |
| Soft pretzel bites w/ 2oz<br>Cheese Sauce<br>6oz Carrots<br>4oz fruit cup       | 3 Pancakes/ Syrup 60z Tater Tots 20z sausage links 40z fruit cup              | 3 Breaded Boneless Chicken<br>60z Green Beans<br>40z fruit cup | Cheese Pizza<br>6oz Romaine Salad w/ Ranch<br>4oz fruit Cup                                    | Parent Conference  |
| 6-Oct   | 7-Oct   | 8-Oct  | 9-Oct  | 10-Oct   |
| Pasta Bake  | French Toast Sticks   | Chicken Sandwich   | Meatball Hoagie  | Bread Sticks   |
| Penne Pasta Bake<br>with Cheese<br>6oz Mixed Vegetables<br>4oz fruit cup        | 3 Cinnamon French toast Stick 60z Tater Tots 20z Scrambled Eggs 40z fruit cup | 2oz Chicken Sandwich<br>6oz Green Beans<br>4oz fruit Cup       | 2oz Meatballs , 2oz tomato<br>sauce mozzarella cheese on a<br>bun<br>6oz Corn<br>4oz fruit cup | 2 WG Cheese Stuffed<br>Bread Sticks &<br>2oz Tomato Dipping Sauce<br>4oz Carrots 2oz Broccoli<br>4oz fruit Cup |
| 13-Oct  | 14-Oct  | 15-Oct   | 16-Oct   | 17-Oct   |
| Spaghetti & Meatballs   | Waffles   | Boneless Chicken   | Mini Corn Dogs   | Pizza  |
| Spaghetti & Meatballs<br>6oz Mixed Vegetables<br>4oz fruit cup                  | Mini WG Waffles 60z Tater Tots 20z sausage links 40z fruit cup                | 3 Breaded Boneless Chicken<br>60z Green Beans<br>40z fruit cup | Mini Corn Dogs<br>6oz BBQ Baked Beans<br>4oz Fruit Cup   | Cheese Pizza 6oz Romaine Salad w/ Ranch 4oz fruit Cup  |
| 20-Oct  | 21-Oct  | 22-Oct   | 23-Oct   | 24-Oct   |
| Beef Nacho's  | Pancakes  | Boneless Chicken   | Grilled Cheese Sandwich  | Bread Sticks   |
| Taco Beef & Cheese<br>WG Tortilla Chips<br>Black Beans & Salsa<br>4oz fruit cup | 3 Pancakes/ Syrup 60z Tater Tots 20z sausage links 40z fruit CUP              | 3 Breaded Boneless Chicken<br>6oz Green Beans<br>4oz fruit cup | Grilled Cheese Sandwich<br>60z Tomato Soup<br>40z fruit cup                                    | 2 WG Cheese Stuffed<br>Bread Sticks &<br>2oz Tomato Dipping Sauce<br>2oz Carrots 4oz Broccoli<br>4oz fruit Cup |
| 27-Oct  | 28-Oct  | 29-Oct   | 30-Oct   | 31-Oct   |
| Hot Dogs  | Waffles   | Chicken Sandwich   | Cheeseburger   | Pizza  |
| <b>2oz Turkey Hot Dogs</b><br>6oz Smile Fries<br>4oz fruit cup                  | Mini WG Waffles 60z Tater Tots 20z sausage links 40z fruit cup                | 2oz Chicken Sandwich<br>6oz Green Beans<br>4oz fruit Cup       | <b>2oz Cheeseburger</b><br>6oz BBQ Bake Beans<br>4oz fruit Cup                                 | Cheese Pizza<br>6oz Romaine Salad w/<br>Ranch<br>4oz fruit Cup   |

bagel with cream cheese Peanut Butter & Jelly Sandwich Chicken Noodle Soup