Lunch Menu : October 2026

WEEK ONE

Date Week	Monday	Tuesday	Wednesday	Thursday	Friday
Oct 5th-9th	Soft Taco ground beef lettuce tomatoes cheese Tzatziki sauce friut milk	burger on roll broccoli soup apples milk	Chicken nuggets with corn bread Oranges milk	Meatball with gravy rice peas Mixed fruit bread milk	Pizza with fries sliced apples & Milk

WEEK TWO

Date Week	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 12th - 16th	Spaghetti with ground beef side salad applesauce milk	BBQ Baked chicken, Mashed Potatoes, Corn Mixed Fruit, Milk	Mac cheese with chicken & spinach bread fruit cup milk	hotdogs with vegetarian beans rice apples slices milk	Pizza with fries sliced apples & Milk

WEEK THREE

Date Week	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 19th - 23rd	Soft Taco ground beef lettuce tomatoes cheese Tzatziki sauce friut milk	Chicken Patty on Bun, peas Carrots, Banana, Milk	Chili with Cheese, spinach mixed fruit bread milk	burger on roll broccoli soup apples milk	Pizza with fries sliced apples & Milk

WEEK FOUR

Date Week	Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 26th - 30th	Spaghetti with ground beef side salad applesauce milk	Beefaroni with bread string beans & rice fruit milk	Chicken nuggets with corn bread Oranges milk	Shepard pie with sliced bread salad banana milk	Pizza with fries sliced apples & Milk

WEEK FIVE

Date Week	Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 2nd-Nov.6th	Ground Beef pasta with cheese green beans garlic bread fruit milk	Hamburger on Bun Rice & Corn Orange Milk	Chicken & Rice Mixed vegetables sliced bread apple milk	Meatball swich with cheese peas & rice apple slices milk	Pizza with fries sliced apples & Milk

Meal Program Notice

Please be advised: School meals are subject to change based on the availability of menu items and ingredients. Menu substitutions may be made as needed.

If you have any questions or concerns regarding the Meal Program, please contact: Sis. Nur Abdullah at foodservice@thesunnah.org.