

WINDSOR SCHOOLS

October 2026

Lunch Menu

			1 All Natural Beef Hot Dog on a Bun Crinkle Cut French Fries Fresh Fruit & Chocolate Milk	2 French Toast Sticks Chicken Sausage Patty Cucumber and Tomato Salad Fresh Fruit, Juice & Milk
5 Pasta with Meatballs and Marinara Sauce Garlic Bread Orange Glazed Carrots Fresh Fruit, Juice & Milk	6 Beef Taco Fresh Garden Salad Fresh Fruit & Chocolate Milk	7 Fiesta Chicken Nacho Platter Black Bean and Corn Salad Fresh Fruit, Juice & Milk	8 Sweet & Sour Chicken over Rice with Roasted Peppers & Onions Fresh Fruit & Chocolate Milk	9 Cheese Pizza Freshly Prepared Spring Mix Salad Fresh Fruit, Juice & Milk
12 Breaded Chicken Tenders Herbed Breadstick Crinkle Cut French Fries Fresh Fruit, Juice & Milk	13 All Natural Beef Hot Dog on a Bun Garden Salad Fresh Fruit & Chocolate Milk	14 Mini Turkey Corn Dog Nuggets Orange Glazed Carrots Fresh Fruit, Juice & Milk	15 Seasoned Cheese Quesadilla Salsa Roasted Sweet Plantains Fresh Fruit & Chocolate Milk	16 French Toast Bites Juicy Breakfast Sausage Caesar Salad Fresh Fruit, Juice & Milk
19 Golden Crisp Waffles Breakfast Sausage Crunchy Hash Brown Fresh Fruit, Juice & Milk	20 Mini Mozzarella Cheese Calzones w/ Marinara Sauce Italian Green Beans Fresh Fruit & Chocolate Milk	21 Rotini Pasta with Meat Sauce Garlic Bread Garden Salad Fresh Fruit, Juice & Milk	22 Juicy Hamburger on a Bun Baby Carrots Fresh Fruit & Chocolate Milk	23 Cheese Pizza Freshly Prepared Spring Mix Salad Fresh Fruit, Juice & Milk
26 Breaded Chicken Nuggets Herbed Breadstick BBQ Baked Beans Fresh Fruit, Juice & Milk	27 Penne Pasta with Chicken & Broccoli Garlic Bread Garden Salad Fresh Fruit & Chocolate Milk	28 Fluffy Buttermilk Pancakes Juicy Breakfast Sausage Crunchy Tater Tots Fresh Fruit, Juice & Milk	29 Spaghetti Bolognese Garlic Bread Roasted Green Beans Fresh Fruit & Chocolate Milk	30 Arroz con Pollo (Chicken & Rice) Freshly Prepared Caesar Salad Fresh Fruit, Juice & Milk

SUPER SALAD: Romaine & Iceberg Lettuce, Tomatoes, Carrots, Red & Green Peppers, Red Cabbage and Garbanzo Beans

Breakfast Menu

Assorted Breakfast Cereals, Juice and Milk Offered Daily

Low fat Milk is Available Daily at Breakfast and Lunch

*This institution is an equal opportunity provider
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