

Fort Plain Jr/Sr High Grades 7-12

All students eat breakfast
and lunch for free!

*October is:
Italian Month
Celebrate "Italian Thursdays"*

TRY ME! Vegetable of the Month:
Butternut Squash (Oct. 26th)

NY State Milk Served at Each Meal:

*Low fat white
Low fat chocolate
Whole white*

Alternate Breakfast: Cereal or Yogurt
(all breakfasts include fruit & juice)

Alternate Lunch: Create your own
lunch with the Fresh Bar! Features:
chef salads, sandwiches, hummus,
Greek yogurt, fresh veggies and fruits

Menu Subject to Change

The USDA and this institution are equal
opportunity providers and employers

October 2026

BREAKFAST AND LUNCH

Monday, September 28	Tuesday, September 29	Wednesday, September 30	Thursday, October 1	Friday, October 2
			Bk: Scrambled Eggs and Bacon Baked Ravioli Tossed Salad Assorted Fruit Choice Pudding	Bk: Yogurt w/UBR Pizza Garlic Knot Green Beans Assorted Fruit Choice
Monday, October 5	Tuesday, October 6	Wednesday, October 7	Thursday, October 8	Friday, October 9
Bk: Baked Funnel Cake Popcorn Chicken Bowl Biscuit Corn Assorted Fruit Choice	Bk: Choc Chip Muffin Taco Salad Rice Pilaf Taco Beans Assorted Fruit Choice	Bk: Breakfast Tornado Turkey Wrap Baked Chips Cucumber & Tomatoes Fresh Fruit	Bk: Omelet & Bacon Spaghetti & Meatballs Broccoli Assorted Fruit Choice Jello	Bk: Cereal and Soft Granola Round Bacon Cheeseburger SwPo Cross Trax Cooked Carrots Assorted Fruit Choice
Monday, October 12	Tuesday, October 13	Wednesday, October 14	Thursday, October 15	Friday, October 16
 Columbus Day	Bk: CTC Muffin Flat Hot Dog on a Bun Curly Fries Peas Assorted Fruit Choice	Bk: Breakfast Pizza Ham & Cheese Bagel Tomato Soup Baby Carrots w/ranch Assorted Fruit Choice	Bk: Egg Bites Rotini w/crumbled beef Tossed Salad Assorted Fruit Choice Pudding	Bk: Yogurt w/granola Chicken Patty Corn Chips Green Beans Assorted Fruit Choice
Monday, October 19	Tuesday, October 20	Wednesday, October 21	Thursday, October 22	Friday, October 23
Bk: Pancakes & Sausage Pizza Crunchers Buttered Rotini BBQ Beans Assorted Fruit Choice	Bk: Breakfast Bread Asian Chicken Fried Rice Broccoli Assorted Fruit Choice	Bk: SEC Pocket Turkey Club Sandwich Vegetable Soup Baby Carrots w/ranch Assorted Fruit Choice	Bk: Egg & Saus Patties Lasagna Garlic Breadstick Tossed Salad Assorted Fruit Choice	Bk: Cereal and Soft Oatmeal Bar Breakfast Sandwich Baby Hashbrowns Assorted Fruit Choice 100% Fruit Juice
Monday, October 26	Tuesday, October 27	Wednesday, October 28	Thursday, October 29	Friday, October 30
Bk: Bagel Bar BBQ Burger Soft Pretzel Butternut Squash Assorted Fruit Choice	Bk: Waffle Sticks Chicken Quesadilla w/cheese sauce dip Red Bean Rice Corn Assorted Fruit Choice	Bk: Pancake on a Stick Pork Carnita Sandwich Chicken Noodle Soup Celery Sticks w/ranch Fresh Fruit	Bk: Scrambled Eggs and Bacon Calzone Broccoli w/cheese Assorted Fruit Choice Italian Ice	Bk: Yogurt w/UBR Chicken Nuggets Dinner Roll Zombie Fingers Assorted Fruit Choice Halloween Cookies