

# MENUS FOR OCTOBER 2025

Roseville City  
School District

*This institution is an equal opportunity provider and employer.*

**YOU NEVER  
KNOW WHAT YOU  
MIGHT RUN INTO  
OUT THERE!**



**STAY ALERT  
& BE SAFE!**

**Wednesday, October 1**

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

**Thursday, October 2**

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

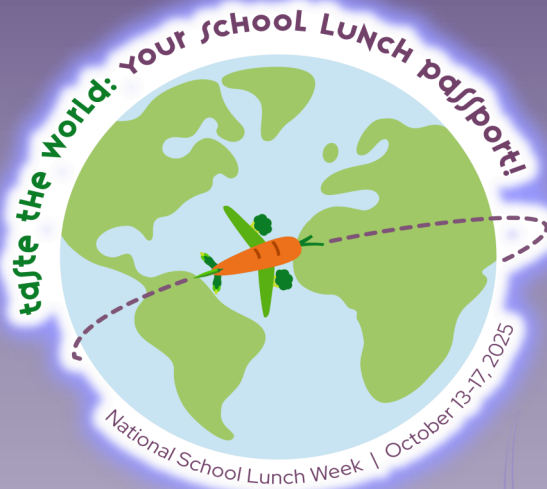
**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

**Friday, October 3**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS

COOKIE



**Monday, October 6**

**Breakfast**  
COUNTRY BREAKFAST  
BURRITO  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(FRENCH TOAST STICKS,  
HASHBROWN & YOGURT)  
OR  
TURKEY & CHEESE  
SANDWICH

**Tuesday, October 7**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
BEEF & CHEESE TACO

**Wednesday, October 8**

**Breakfast**  
SUNRISE BREAKFAST  
SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE BURRITO  
OR  
CHEESEBURGER  
& FRIES

**Thursday, October 9**

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TERIYAKI CHICKEN  
NOODLE BOWL

**Friday, October 10**

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE PUPUSA  
OR  
CRUNCHY FISH STICKS &  
CHIPS

COOKIE

## NUTRITION TO GO

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. "Fresh" or uncured ham has fewer additives and is even healthier.

**A QUICK BITE FOR PARENTS**

**Monday, October 13**

**Breakfast**  
FIESTA BREAKFAST  
BURRITO  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH  
(FRENCH TOAST STICKS,  
HASHBROWN & YOGURT)  
OR  
BEEF CHILI AND BEANS

**Tuesday, October 14**

**Breakfast**  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN TACO

**Wednesday, October 15**

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI & CHEESE  
OR  
CHICKEN SANDWICH

**Thursday, October 16**

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN  
RICE BOWL

**Friday, October 17**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE  
SANDWICH  
OR  
CHICKEN TENDERS

COOKIE

**KIDS! Please join us to celebrate National School Lunch Week, October 13-17!**



## Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day \_\_\_\_\_
2. Multiply your average servings by 2 \_\_\_\_\_
3. Add 5 to the number on line 2 \_\_\_\_\_
4. Multiply line 3 by 50 \_\_\_\_\_
5. Write 1765 if you've had your birthday this year or 1764 if you haven't \_\_\_\_\_
6. Add lines 4 and 5 together \_\_\_\_\_
7. Write the year you were born \_\_\_\_\_
8. Subtract line 7 from line 6 \_\_\_\_\_

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

## It works like MAGIC!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



# ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

## STRANGE BUT TRUE!



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
<b>Breakfast</b> COUNTRY BREAKFAST BURRITO OR CONTINENTAL BREAKFAST	<b>Breakfast</b> CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST	<b>Breakfast</b> SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST	<b>Breakfast</b> MINI PANCAKES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> CINNAMON ROLL OR CONTINENTAL BREAKFAST
<b>Lunch</b> BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR TURKEY & CHEESE SANDWICH	<b>Lunch</b> CHEESE PIZZA OR BEEF & CHEESE TACO	<b>Lunch</b> BEAN & CHEESE BURRITO OR CHEESEBURGER & FRIES	<b>Lunch</b> CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL	<b>Lunch</b> BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS  COOKIE
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
<b>Breakfast</b> FIESTA BREAKFAST BURRITO OR CONTINENTAL BREAKFAST	<b>Breakfast</b> YOGURT PARFAIT OR CONTINENTAL BREAKFAST	<b>Breakfast</b> MINI WAFFLES OR CONTINENTAL BREAKFAST	<b>Breakfast</b> CINNI MINI OR CONTINENTAL BREAKFAST	 <b>No School Today</b>
<b>Lunch</b> BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) BEEF CHILI AND BEANS	<b>Lunch</b> CHEESE PIZZA OR CHICKEN TACO	<b>Lunch</b> MACARONI & CHEESE OR CHICKEN SANDWICH	<b>Lunch</b> CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL	