

MENUS FOR MIDDLE SCHOOL 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
BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, October 2

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

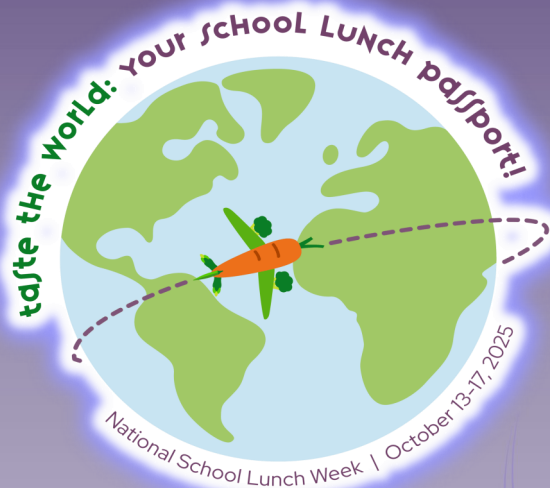
Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

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
MACARONI & CHEESE
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
BEAN & CHEESE BURRITO
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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

YOU'RE *Still* GOOD™

ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG



AVAILABLE DAILY

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily


LUNCH options:

DELI SANDWICH

LARGE SALAD

PIZZA (select varieties)



Monday, October 20	Tuesday, October 21	Wednesday, October 22	Thursday, October 23	Friday, October 24
Breakfast COUNTRY BREAKFAST BURRITO OR CONTINENTAL BREAKFAST	Breakfast CHEESY BREADSTICKS OR CONTINENTAL BREAKFAST	Breakfast SUNRISE BREAKFAST SANDWICH OR CONTINENTAL BREAKFAST	Breakfast MINI PANCAKES OR CONTINENTAL BREAKFAST	Breakfast CINNAMON ROLL OR CONTINENTAL BREAKFAST
Lunch BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR TURKEY & CHEESE SANDWICH	Lunch CHEESE PIZZA OR BEEF & CHEESE TACO	Lunch MACARONI & CHEESE OR CHEESEBURGER & FRIES	Lunch CHEESY BREADSTICKS OR TERIYAKI CHICKEN NOODLE BOWL	Lunch BEAN & CHEESE PUPUSA OR CRUNCHY FISH STICKS & CHIPS COOKIE
Monday, October 27	Tuesday, October 28	Wednesday, October 29	Thursday, October 30	Friday, October 31
Breakfast FIESTA BREAKFAST BURRITO OR CONTINENTAL BREAKFAST	Breakfast YOGURT PARFAIT OR CONTINENTAL BREAKFAST	Breakfast MINI WAFFLES OR CONTINENTAL BREAKFAST	Breakfast CINNI MINI OR CONTINENTAL BREAKFAST	
Lunch BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT) OR BEEF CHILI AND BEANS	Lunch CHEESE PIZZA OR CHICKEN TACO	Lunch BEAN & CHEESE BURRITO OR CHICKEN SANDWICH	Lunch CHEESY BREADSTICKS OR ORANGE CHICKEN RICE BOWL	<h1>No School Today</h1>