



October 2025 HFGSD Middle School Menu

REMINDER: ALL STUDENTS RECEIVE FREE BREAKFAST AND LUNCH

BREAKFAST

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Donuts	Breakfast Sandwich Yogurt Parfaits Cereal Bagels/Cream Cheese Breakfast Pizza Muffins

LUNCH MENU

		October 1st	October 2nd	October 3rd
		Pretzel Melt Tomato soup Fresh Baby Carrots Fresh Banana Milk	3 Cheese PIZZA Broccoli Florets Apple Sauce Cups Pasta Salad w/veggies Milk	Baked Ziti w/meatballs Tossed Salad Bread sticks Cantalope Milk
October 6th	October 7th	October 8th	October 9th	October 10th
BBQ Chicken Baked Beans Carrots Fresh Melon Milk	Chicken Burrito Baked Tots Broccoli Florets Fresh Orange Milk	Taco Bowl Garden Peas Spanish Rice Fresh Banana Milk	Buffalo Chicken PIZZA Tossed Salad Fresh Banana Fresh Baby Carrots Milk	Turkey Provolone Pretzel Potato Nuggets Corn Mixed Grape Cups Milk
October 13th	October 14th	October 15th	October 16th	October 17th
COLUMBUS DAY NO SCHOOL 	Chicken Alfredo w/ Garlic toast Broccoli Fresh Apple Pudding Milk	Chicken Bowls Mashed, Stuffing Corn Fresh Banana Milk	Pepperoni Pizza Pasta Salad Peaches Cookie Milk	General Tso Chicken Rice Green Beans Fruit Cup Fresh Milk, Brownies
October 20th	October 21st	October 22nd	October 23rd	October 24th
Popcorn Chicken Mashed potato/ gravy Corn Fresh Apple Milk	Spag w/ Meatsauce W/G Garlic Bread Mixed garden veg Fresh Banana Milk	Bacon Cheese Burger Potato nuggets Broccoli Fresh Pears Milk	Meat Lovers Pizza Cole Slaw California Blend Fresh Orange Milk	Turkey Reuben w/g roll Tots Apple Sauce Milk
October 27th	October 28th	October 29th	October 30th	October 31st
Buffalo Chix Mac&Cheese Fresh Carrots w/ Ranch Fresh Fruit Cup WG Roll and Marg. Milk	Hot dog with meatsauce Tots Fresh Fruit Cup Broccoli Milk	Beef Quesadilla Rice Pilaf Steamed Veggies Fresh Orange Milk	BBQ Chicken Pizzza Tossed Salad Fruit Choice Brownie Milk	Chicken Nuggets Sweet & Sour Sauce Mshd Potatoes &Gravy Garden Salad Fresh Apple Milk Holiday Dessert
Daily Lunch Offerings: Cheese Sticks, PB&J, Salads, Subs, Wraps, Chicken Patty, Burgers				
Souper Wednesdays:	Tomato Soup	Week 2: Minestrone	Week 3: Chicken Noodle	Week 4: Tomato Soup

Menu Subject to Change

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