LUNCH MENU

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Tenders Butter Sandwich Mashed Potatoes Glazed Carrots Peach Crisp	2 Hot Ham Sandw Corn Cucumbers Applesauce Cookie
5 Cheeseburger Mac Casserole Buttered Peas Romaine Lettuce Pineapple	6 Mr. Rib WG Bun Baked Beans Glazed Carrots Banana	7 Cheese Omelets French Toast Sticks Hashbrown Patty Hot Cinnamon Apples	8 Meatball Subs WG Bun With Lettuce Green Beans Pears Cookie	9 Fish Filet On WG Bun Tossed Salad Raw Veggies Mixed Fruit
12 BBQ WG Bun Potato Wedges Mixed Greens Pears	13 Hot Dogs WG Bun Baked Beans Corn Peaches	14 Orange Chicken Butter Sandwich Mashed Potatoes Glazed Carrots Applesauce	15 Chili Cinnamon Roll Carrots, Broccoli, & Cauliflower Banana	16 Beef Stroganoff WG Muffin Lettuce Salad Mixed Fruit Ice Cream Cup
19 Spaghetti WG Garlic Knot Buttered Peas Romaine Lettuce Red Peppers Pineapple	20 Cheeseburger WG Bun Tomato Slice Baked Beans French Fries Banana	21 Chicken Fajita Diced Tomatoes Lettuce Seasoned Rice Green Beans Applesauce	22 Pizza Corn Cucumbers Pears Cookie	23 Shrimp Poppers Dinner Roll WG Mac &Cheese Winter Mix Mixed Fruit
26 Chicken Nuggets WG Dinner Roll Mashed Potatoes Squash Peaches	27 Corn Dogs Baked Beans Glazed Carrot Applesauce Ice Cream Cup	28 Taco w/ Lettuce Refried Beans, Salsa & Chips Raw Veggies Orange Slices	29 Chicken Noodle Cold Meat Sandwich Mixed Greens Corn Banana	30 BBQ Chicken WG Bun Potato Wedges Celery Pears

- Fruit and Veggie Bar Daily
- Milk served district-wide daily

MFL MarMac Community School District

"This institution is an equal opportunity provider."