

OCTOBER 2025

St. Henry Middle & High School

October is National Apple Month. Did you know there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

Monday

Tuesday

Wednesday

Thursday

Friday



6
No School

7
Chipotle Chicken Bowl
Rice, Black Beans
Lettuce, Shredded Cheese & Salsa
Pineapple
Milk

Alt – Deli Sandwich

1
Meatballs Sub
Baby Carrots & Celery
Pears
Milk

NO ALTERNATE

8
Chicken Alfredo
Green Beans
WG Bread w/ Butter
Peach Cup
Milk

NO ALTERNATE

2
BBQ Rib Sandwich
Potato Smiles
Coleslaw or Garden Salad
Applesauce
Milk

No Salads or Alternate
BAKED POTATO BAR

9
Popcorn Chicken Bowl
Mashed Potatoes
Corn, Garden Salad
Peaches
Milk

Alt – Deli Sandwich

3
Pizza Sub
Peas
WG Cheddar Goldfish
Craisins
Milk

NO ALTERNATE

10
WG French Bread Pepp.Pizza
Broccoli & Cheese
Baby Carrots & Celery
100% Fruit Juice
Milk

NO ALTERNATE

13
Chicken Bacon Ranch Sandwich
Lettuce, Tomato, Onion
Potato Smiles
Peaches
Milk

Alt – Deli Sandwich

14
Soft Taco
Lettuce, Shredded Cheese, Salsa
Mandarin Oranges
Milk

Alt – Deli Sandwich

15
Asian Meal
General Tso/Orange/ or
Sweet Sour Chicken
WG Rice, Stir Fry Vegetables
Peaches
Milk

NO ALTERNATE

16
Subway
Baby Carrots
Assorted Bell Peppers/ Toppings
Apple Slices
Milk

NO ALTERNATE

17
Cheese Ripper
Green Beans
Breaded Mozzarella Cheese Stick
Fruit
Milk

NO ALTERNATE

20
Chicken Patty Sandwich
Lettuce, Tomato, Onion
Seasoned Cubed Potatoes
Pineapple
Milk

Alt – Deli Sandwich

21
Loaded Tater Tots
Toppings
Black Beans
Pears
Soft Pretzel Stick
Milk

Alt – Deli Sandwich

22
Pizza Casserole
Peas
WG Cheese Breadstick
Apple Slices
Milk

NO ALTERNATE

23
BBQ Pulled Pork Nachos
Toppings
Baby Carrots
Applesauce
Milk

Alt – Deli Sandwich

24
Buffalo or BBQ Chicken Pizza
Green Beans
Baked Chips
100% Fruit Juice
Milk

NO ALTERNATE

27
Hot Dog Sandwich
Wedge Cut Sweet Potato Fries
Corn
Applesauce
Milk

Alt – Deli Sandwich

28
Taco Pizza
Romain Salad
Black Beans, Salsa
Pineapple
Milk

Alt – Deli Sandwich

29
Egg Omelet w/ Colby Cheese
WG Waffles/ Syrup
Baby Carrots & Celery
Banana
Milk

NO ALTERNATE

30
Cream Chicken
Mashed Potatoes
WG Roll
Peaches
Zees Campfire Smores Bar
Milk
No Salads or Alternate
BAKED POTATO BAR

31
Pepperoni Bosco Stick
Broccoli & Cheese
Colby Jack Cheese Stick
Strawberry Kiwi Sorbet Cup
Milk

NO ALTERNATE

PLEASE NOTE: Menus are subject to change based on product availability

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