



OCTOBER 2025

Schalmont High School

NYS MILK
Fresh & Canned Fruit Serve Daily
Menu Subject to change
This institution is an equal opportunity

Monday



Tuesday



Wednesday

Thursday

Friday

Popcorn Chicken
Whole Grain Dinner Roll
Mixed Veggies
Fresh Carrots w/
Lite Ranch Dressing

6

Meatball Sub
Mozzarella Cheese Cup
Corn
Fresh Celery Sticks w/
Lite Ranch Dressing

7

Personal Pan Pizza
Tossed Salad
Fresh Tomato Wedge w/
Lite Ranch Dressing

1

Mac & Cheese
Whole Grain Garlic Bread Stick
Green Beans
Fresh Green Peppers w/
Lite Ranch Dressing

2

Cheeseburger
on Whole Grain Roll
French Fries
Fresh Mixed Veggies w/
Lite Ranch Dressing

3

**No School
Columbus Day!**

13

Chicken Tenders
Whole Grain Cheez Its
Crispy Potato Tots
Fresh Carrots w/
Lite Ranch Dressing

14

Stuffed Crust Cheese Pizza
Tossed Salad
Fresh Tomato Wedge w/
Lite Ranch Dressing

15

BBQ Rib on Whole Grain Roll
Baked Beans
Fresh Mixed Veggies w/
Lite Ranch Dressing

16

**No School
Staff Development Day!**

17

Chicken Nuggets
Whole Grain Pretzels
Buttery Corn
Fresh Carrots w/
Lite Ranch Dressing

20

Chicken Patty on Whole Grain Roll
Cinn. Glaze Carrots
Fresh Celery Sticks w/
Lite Ranch Dressing

21

Homemade Cheese Pizza
Tossed Salad
Fresh Tomato Wedge w/
Lite Ranch Dressing

22

New Baked Calzone
Cheesy Broccoli
Fresh Cucumber Coins w/
Lite Ranch Dressing

23

Chicken & Cheese Quesadilla
Salsa Cup, Sour Cream Cup
3 Bean Salad
Fresh Mixed Veggies w/
Lite Ranch Dressing

24

Popcorn Chicken
Whole Grain Garlic Bread Stick
Green Beans
Fresh Carrots w/
Lite Ranch Dressing

27

Taco Salad
Salsa, Cheese & Sour Cream Cup
Shredded Lettuce
Mex Corn
Fresh Green Pepper Sticks w/
Lite Ranch Dressing

28

French Bread Pizza
Tossed Salad
Fresh Tomato Wedge w/
Lite Ranch Dressing

29

Oven Roasted Turkey Sub
w/or without Am. Cheese
Baked Chips, Pickles
Fresh Lettuce & Sliced Tomato
Fresh Celery Sticks w/
Lite Ranch Dressing

30

French Toast Sticks
Crispy Potato Tots
Syrup Cup
Sausage Patty
Fresh Mixed Veggies w/
Lite Ranch Dressing

31

Available Daily - Sabre Warp Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza & Bagels w/ Cream Cheese Grab 'n Go Bags w/ Uncrustable w/Cheez-Its and/or Whole Grain Dinner Roll & String Cheese Stick, Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad, GF Wrap

All Students can receive one (FREE) Breakfast & Lunch Daily!