



# OCTOBER 2025

Schalmont Middle School & Jefferson Elementary School

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

Monday

Tuesday

Wednesday

Thursday

Friday



6  
Popcorn Chicken  
Whole Grain Dinner Roll  
Mixed Veggies  
Fresh Carrots w/  
Lite Ranch Dressing

7  
Meatball Sub  
Mozzarella Cheese Cup  
Corn  
Fresh Celery Sticks w/  
Lite Ranch Dressing

1  
Personal Pan Pizza  
Tossed Salad  
Fresh Tomato Wedge w/  
Lite Ranch Dressing

2  
Mac & Cheese  
Whole Grain Garlic Bread Stick  
Green Beans  
Fresh Green Peppers w/  
Lite Ranch Dressing

3  
Cheeseburger  
on Whole Grain Roll  
French Fries  
Fresh Mixed Veggies w/  
Lite Ranch Dressing

13  
**No School  
Columbus Day!**

14  
Chicken Tenders  
Whole Grain Cheez Its  
Crispy Potato Tots  
Fresh Carrots w/  
Lite Ranch Dressing

15  
Stuffed Crust Cheese Pizza  
Tossed Salad  
Fresh Tomato Wedge w/  
Lite Ranch Dressing

16  
BBQ Rib on Whole Grain Roll  
Baked Beans  
Fresh Mixed Veggies w/  
Lite Ranch Dressing

17  
**No School  
Staff Development Day!**

20  
Chicken Nuggets  
Whole Grain Pretzels  
Buttery Corn  
Fresh Carrots w/  
Lite Ranch Dressing

21  
Chicken Patty on Whole Grain Roll  
Cinn. Glaze Carrots  
Fresh Celery Sticks w/  
Lite Ranch Dressing

22  
Homemade Cheese Pizza  
Tossed Salad  
Fresh Tomato Wedge w/  
Lite Ranch Dressing

23  
**Early Dismissal  
Breakfast ONLY!  
NO Lunch/ Pre-K& K-5<sup>th</sup> Grade**  
New Baked Calzone  
Cheesy Broccoli  
Fresh Cucumber Coins w/  
Lite Ranch Dressing

24  
Chicken & Cheese Quesadilla  
Salsa Cup, Sour Cream Cup  
3 Bean Salad  
Fresh Mixed Veggies w/  
Lite Ranch Dressing

27  
Popcorn Chicken  
Whole Grain Garlic Bread Stick  
Green Beans  
Fresh Carrots w/  
Lite Ranch Dressing

28  
Tacos  
Whole Grain Soft Shell  
Salsa, Cheese & Sour Cream Cup  
Shredded Lettuce  
Mex Corn  
Fresh Celery Sticks w/  
Lite Ranch Dressing

29  
French Bread Pizza  
Tossed Salad  
Fresh Tomato Wedge w/  
Lite Ranch Dressing

**NO School  
K-5<sup>th</sup> Grade**

30  
Oven Roasted Turkey Sub  
w/or without Am. Cheese  
Baked Chips, Pickles  
Fresh Lettuce & Sliced Tomato  
Fresh Green Peppers w/  
Lite Ranch Dressing

31  
French Toast Sticks  
Crispy Potato Tots  
Syrup Cup  
Sausage Patty  
Fresh Mixed Veggies w/  
Lite Ranch Dressing

Available Daily: Tuna, Cheese or Turkey, Ham w/or without Cheese on Whole Grain Bread or GF Bread, Grab n go Bags w/ Uncrustable w/String Cheese, Cheez- it's or Whole Grain Dinner Roll (or) Trix Yogurt Cup w/Cheese Stick, Whole Grain Cheez- its & Whole Grain Dinner Roll & Chef w/LF Dressing & Whole Grain Roll or GF Dinner Roll & Homemade Croutons or GF Tossed Salad & GF Wrap

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