



OCTOBER 2026

Schalmont High School

NYS MILK & New! Whole White Milk
Fresh & Canned Fruit Serve Daily
Menu subject to change!

This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday

5
Chicken Tenders
BBQ Dipping Sauce
Whole Grain Cheez it's
Corn
Fresh Carrots w/LF Ranch Dip

6
Waffles
Sausage Patty
Syrup Cup
Tatar Tots
Fresh Celery w/LF Ranch Dip

7
French Bread Pizza
Tossed Salad
w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

1
Mac & Cheese
Whole Grain Bread Stick
Steamed Broccoli
Fresh Cuke's Coins w/LF Ranch Dip

2
Mozzarella Sticks
Marinara Dipping Sauce
Seasoned Carrots
Fresh Veggies w/LF Ranch Dip

9
No School
Staff Development Day

8
Krispy Chicken Sandwich
Whole Grain Roll
Lettuce, Sliced Tomato
Dill Pickles
Pepper Sticks w/LF Ranch Dip

12
No School
Columbus Day
National School Lunch Week
October 12-16, 2026
Join Us for Lunch ☺
Cafeteria Circus: The Show Starts at Lunch

13
Boneless Chicken Wings
Buffalo or BBQ Dipping Sauce
WG Circus Pretzel
Ring Toss Spiral Fries
Fresh Celery & Carrots w/LF Ranch Dip

14
Big Top
Daddy's Pizza
Tossed Salad
w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

15
Toasted Cheese Sandwich
or
Toasted Ham & Cheese Sandwich
Tomato Soup w/ Crackers
Colorful Carnival Veggies w/LF Dip

16
Buffalo Pulled Chicken Sandwich
Baked Beans
Fresh Coleslaw
Colorful Carnival Veggies w/LF Dip

19
Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Dinner Roll
Seasoned Mixed Veggie
Fresh Carrots w/LF Ranch Dip

20
Build Your Burrito or Bowl
Beef or Chicken
Lettuce, Salsa
Sour Cream & Cheese
Brown Rice & Black Beans
Fresh Celery w/ LF Ranch Dip

21
Homemade Pizza
Tossed Salad
w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

22
Pizza Crunchers
Marinara Dipping Sauce
Green Beans
Pepper Sticks w/LF Ranch Dip

23
Roasted Chicken
WG Corn Bread
Buttery Corn
Fresh Veggies w/LF Ranch Dip

26
Chicken Tenders
BBQ Dipping Sauce
Whole Grain Pretzel
Warm Glazed Carrots
Fresh Carrots w/LF Ranch Dip

27
Bosco Cheese Sticks
Marinara Dipping Sauce
Seasoned Corn
Fresh Celery w/LF Ranch Dip

28
Stuffed Crust Pizza
Tossed Salad
w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip

29
General Tso Chicken
Brown Rice
Steamed Broccoli
Fresh Cuke's Coins w/LF Ranch Dip

30
French Fry Boat
Topped with Meat
&
Cheese Sauce
Fresh Veggies w/LF Ranch Dip

Available Daily - Sabre Warp Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza, GF Cheese Pizza & WG 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.

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