



OCTOBER 2026

Schalmont Middle School & Jefferson 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 Dinner Roll
Corn
Fresh Carrots w/LF Ranch Dip

6
Waffles
Sausage Patty
Syrup Cup
Hash Brown
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 Cukes Coins w/LF Ranch Dip

2
Roasted Chicken
WG Corn Bread
Green Beans
Fresh Veggies w/LF Ranch Dip

9
No School
Staff Development Day

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
Popcorn Chicken
BBQ Dipping Sauce
WG Circus Pretzel
Seasoned Mixed Veggies
Colorful Carnival Veggies w/LF Dip

14
Big Top
Daddy's Cheese 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/ WG Crackers
Colorful Carnival Veggies w/LF Dip

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

19
Chicken Nuggets
BBQ Dipping Sauce
Whole Grain Bread Stick
Garlic Green Beans
Fresh Carrots w/LF Ranch Dip

20
Warm WG Bagel
Cream Cheese & Butter
Side of (2 Slice) Turkey Bacon
Maple Glazed Carrots
Fresh Celery w/LF Ranch Dip

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

22
Cheeseburger on WG Roll
Seasoned Spiral Fries
Pepper Sticks w/LF Ranch Dip
Early Dismissal
Grades Pre K - 5 Grade

23
Mozzarella Sticks
Marinara Dipping Sauce
Corn
Fresh Veggies w/LF Ranch Dip

26
Chicken Tenders
BBQ Dipping Sauce
Whole Grain Cheez it's
Steamed Carrots
Fresh Carrots w/LF Ranch Dip

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

28
Asst. Pizza Day!
Tossed Salad
w/ LF Italian Dressing
Tomato Wedges w/LF Ranch Dip
No School
Grades Pre K - 5 Grade

29
General Tso Chicken
Brown Rice
Steamed Broccoli
Fresh Cukes Coins w/LF Ranch Dip

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

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 or Tossed Salad w/LF Dressing & Whole Grain Roll or GF Dinner Roll & Homemade Croutons or GF Wrap

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