

# SHARON SPRINGS CENTRAL SCHOOL

## October, 2025 Lunch Menu

Available Daily: Fruit & Yogurt Parfait, Grilled Chicken Salad, PBJ & Water

		1. WW Grilled Cheese or WW BLT **** Tomato Soup **** Green Beans **** Assorted Fruit & Milk	2. WG Chicken Patty WW Bun *** Rice Pilaf *** Broccoli *** Assorted Fruit & Milk	3. Assorted WG Pizza *** Garden Salad w/ Lite Ranch *** Assorted Fruit & Milk
6. Hotdog/WW Bun or Corndog *** Mashed Potatoes *** Baked Beans *** Assorted Fruit & Milk	7. Spaghetti & Meatballs **** Garlic Breadsticks ***** Green Beans **** Assorted Fruit & Milk	8. BBQ Pull Chicken/Bun Or PBJ Uncrustable *** Rice Pilaf *** Carrots *** Assorted Fruit & Milk	9. Ham & Cheese Turkey & Cheese Egg Salad or Tuna *** Chicken Noodle Soup Baked Chips *** Fresh Veggie Sticks **** Assorted Fruit & Milk	10. Assorted WG Pizza *** Garden Salad w/ Lite Ranch *** Assorted Fruit & Milk
13. NO SCHOOL	14. WW Wrap Seasoned Beef Black Bean Salsa **** Chicken Bacon WW Wrap **** Refried Beans, Corn Lettuce & Tomato **** Assorted Fruit & Milk	15. WW Grilled Cheese or WW BLT **** Tomato Soup **** Green Beans **** Assorted Fruit & Milk	16. WG Chicken Tenders **** Potato Wedges **** Baked Beans Carrots *** Assorted Fruit & Milk	17. Assorted WG Pizza *** Garden Salad w/ Lite Ranch *** Assorted Fruit & Milk
20. Oven Baked Chicken or PBJ Uncrustable **** Baked Potato **** Flavored Carrots **** Assorted Fruit & Milk	21. WG Chicken Patty WW Bun *** Rice Pilaf *** Broccoli *** Assorted Fruit & Milk	22. WG Chicken Nuggets **** Scalloped Potatoes *** Corn **** Assorted Fruit & Milk	23. Hot Turkey Sandwich or PBJ Uncrustable **** Mashed Potato **** Flavored Carrots **** Assorted Fruit & Milk	24. Assorted WG Pizza *** Garden Salad w/ Lite Ranch *** Assorted Fruit & Milk
27. WG French Toast Sticks OR Breakfast Sandwich **** Sausage Patty *** Veggie Sticks **** Assorted Fruit & Milk	28. WW Wrap Seasoned Beef Black Bean Salsa **** Chicken Bacon WW Wrap **** Refried Beans, Corn Lettuce & Tomato **** Assorted Fruit & Milk	29. Oven Baked Ziti or Spaghetti & Meatballs *** WW Garlic Bread Stick *** Green Beans *** Assorted Fruit & Milk	30. Popcorn Chicken Bowl or Popcorn Chicken **** Mashed Potato LS Chicken Gravy **** Corn **** Assorted Fruit & Milk	31. Spooky Shaped Chicken Nuggets *** Rice Pilaf *** Broccoli *** Assorted Fruit & Milk