OCTOBER gems lunch 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	01	02	03	04
05 Chix Nuggets 24g WG Sliced Bread 20g Veg Baked Beans 30g Fresh Fruit 25g	06 Chix Gyro In a WG Pita 35g Corn 19g Pear 26g	07 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	08 Johnny Marzetti 26.5g Broccoli 8g Pear 25g	09 Turkey & Cheese SUB in a WG SUB 24g Mixed Vegetables 10g Carrots + Ranch 13g Banana 27g	10	11
12 Chix Patty 13g on a WG Bun 16g Veg Baked Beans 30g Fresh Fruit 25g	13 Beef Taco 20g Corn 19g Fresh Fruit Cup 22g	14 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	15 Chix Alfredo 32g Broccoli 8g Pear 25g	16 Chicken Jambalaya 41g Mixed Vegetables 10g Carrots + Ranch 13g Mxd Fruit Cup 26g	17	18
19 Chix Nuggets 24g WG Sliced Bread 20g Veg Baked Beans 30g Fresh Fruit 25g	20 Chix Burrito 25g Corn 19g Fresh Fruit Cup 22g	21 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	22 Mac & Cheese 31g Broccoli 8g Pear 25g	23 Turkey & Cheese SUB in a WG SUB 24g Mixed Vegetables 10g Carrots + Ranch 13g Banana 27g	24	25
26 Hot Dog 3g on a WG Bun 25g Veg Baked Beans 30g Fresh Fruit 25g	27 Chix Gyro In a WG Pita 35g Corn 19g Pear 26g	28 WG Pizza Slice 23g Carrots + Ranch 13g Applesauce 22g	29	30	31	01
02	03	**Notes:** Menus are subject to change due to availability of food or unplanned school closings. USDA is an equal opportunity provider, employer, & lender. Contact: Melissa Bryant 614.747.0196 **Milk offered with each meal:1% Milk** 12g **or Fat Free Chocolate** 24g. HALAH or KOSHER only.				