OCTOBER 2026

TASTY | HEALTHY | FUN | VARIETY | BALANCED

Name of the menu : North Metro Flex Academy Lunch Menu

Grade : K-8 Grades

Meal Pattern : NSLP

Meal : Lunch

Week II HOT MEAL				Thursday, 10/1/2026	Friday, 10/2/2026
				Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Crema Cheesy Refried Beans Fresh Watermelon Chunks & Choice Milk	**Fresh Hot Delivered Pizza** Mixed Green Salad w/Dressing Fresh Orange Wedges Choice Milk
Week III HOT MEAL	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026
	Brunch Lunch Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Baby Carrots & Dip Crisp Apple Wedges & Choice Milk	**Crispy Chicken Tenders** Ketchup WG Roll Baked Beans & Celery Sticks Fruit Cup & Choice Milk	**Glazed Beef Meatballs** Steamed Rice Garden Salad w/ Dressing Banana Choice Milk	**Roasted Chicken Drumstick** WG Roll Mashed Potatoes & Cucumbers Fresh Watermelon Chunks & Choice Milk **Yahoo! Special Chips Day!** **Baked Cheetos**	**Fresh Hot Delivered Pizza** Eaz-Bite Veggie Medley w/ Ranch (Carrots & Sugar Peas) Fresh Orange Wedges Choice Milk
Week IV HOT MEALS	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026
	Battered Corn Dog WG Chicken Corn Dog served with Ketchup Baked Beans Crisp Celery, Crisp Apple Wedges & Choice Milk **Hooray! Special Chips Day!** **Cool Ranch Doritos**	**Twin Faves Day** **Chicken Nuggets w/ Ketchup** **Mac & Cheese** Baby Carrots, Sugar Snap Peas w/Dip Fruit Cup & Choice Milk	**Zeus Frito Crunch** Greek Style Seasoned Beef, Fritos, Tzatziki Sauce Steamed Corn Shred Lettuce Banana & Choice Milk	**Mandarin Orange Chicken Bowl** Steamed Rice Sliced Cucumbers & Carrot Slims Fresh Watermelon Chunks Choice Milk	**Fresh Hot Delivered Pizza** Caesar Salad (Romaine, Shred Carrots, Croutons, Cheese & Caesar Dressing) Fresh Orange Wedges Choice Milk
Week V HOT MEALS	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026
	Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup Mashed Potatoes Celery Sticks w/ Dip & WG Roll Crisp Apple Wedges & Choice Milk	**Cheeseburger** Bun, Chz Slice & Ketchup Baked Beans Sugar Snap Peas Fruit Cup & Choice Milk	**Chicken Tenders w/ Mix & Match Sauce** Ketchup, Fry-Yay Sauce Baby Carrots w/Dip Banana & WG Roll Choice Milk	**Asian Chicken Dumplings** Seasoned Teriyaki Dip Crisp Broccoli w/ Dip Fresh Watermelon Chunks Choice Milk	**Fresh Hot Delivered Pizza** Sliced Cucumbers & Dip Fresh Orange Wedges Choice Milk **Yahoo! Special Chips Day!** **Nacho Cheese Doritos**
Week VI HOT MEALS	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026
	Premium Chicken Nuggets Ketchup Tater Tots w/ Ketchup Sugar Snap Peas & WG Roll Crisp Apple Wedges & Choice Milk	**All Beef Hot Dog** Served with Ketchup Baby Carrots w/ Dip Fruit Cup & Choice Milk **Yahoo! Special Treat Day!** **Confetti Cookie**	**Brunch Lunch** French Toast Sticks w/ Syrup Cucumber Slices w/ Dip Banana Choice Milk	**Walking Taco** Nacho Doritos, Seasoned Beef Taco Fill with Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Cheesy Refried Beans Fresh Watermelon Chunks & Choice Milk	**Fresh Hot Delivered Pizza** Paired with Chopped Italian Salad (Romaine, Shred Carrots & Grape Tomatoes with Italian Dressing) Fresh Orange Wedges Choice Milk

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

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WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)

NOVEMBER 2026

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	Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
Week I HOT MEAL	**Chicken Patty Sandwich**	**Waffles & Turkey Sausage**	**Hot Italian Beef Meatball Sub**	**Sweet & Sour Chicken**	**Fresh Hot Delivered Pizza**
	WG Bun & Ketchup	Maple Waffles w/ Syrup	Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Steamed Seasoned Rice	Mixed Salad & Dressing
	Baked Beans & Fresh Cut Celery	Turkey Sausage Patty	Potato Wedges w/ Ketchup	Crisp Broccoli w/Dip	(Romaine, LCR & Dressing)
	Crisp Apple Wedges & Choice Milk	Carrot Slims w/ Dip	Sliced Cucumbers	Fresh Watermelon Chunks	Fresh Orange Wedges
	Hooray! Special Chips Day! Cool Ranch Doritos	Fruit Cup & Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk

	Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026
Week II HOT MEAL	**PopMax Chicken & Creamy Cheesy Hashbrowns**	**Classic Hamburger**	**Creamy Mac & Cheese**
	Popcorn Chicken w/ Ketchup	WG Bun , Pickles & Ketchup	Sliced Cucumbers, Baby Carrots & Dip
	Creamy Cheesy Hashbrowns	Potato Smiles	Banana
	Celery Sticks w/Dip	Carrot Slims w/ Dip	Choice Milk
	WG Roll, Crisp Apple Wedges & Choice Milk	Fruit Cup & Choice Milk	**Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie**

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