

OCTOBER 2025

Health-e Pro 

MON

TUE

WED

THU

FRI

ANNOUNCEMENTS

15th Late Start 10am
16th Noon Release
17th Noon Release
31st Halloween!!

MEAL PRICES

1

Breakfast: Cereals, Fruit and Milk
Lunch: Fish Sticks or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

2

Breakfast: Applesauce Oatmeal or Cereal, Fruit and Milk
Lunch: Grilled Cheese Sandwiches or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

3

Breakfast: Waffle or Cereal, Fruit and Milk
Lunch: Chicken Tortilla Soup or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

6

Breakfast: Breakfast muffin or Cereal, Fruit and Milk
Lunch: Chicken Potato Bake or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

7

Breakfast: Yogurt Parfait or Cereal, Fruit and Milk
Lunch: Cheese Burgers or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

8

Breakfast: Cereals, Fruit and Milk
Lunch: Beef & Bean Burrito or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

9

Breakfast: Spiced Oatmeal or Cereal, Fruit and Milk
Lunch: Pasta Primavera or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

10

Breakfast: Cinnamon Citrus French Toast or Cereal, Fruit and Milk
Lunch: Chili and Cornbread Casserole or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

13

Breakfast: Blueberry muffin or Cereal, Fruit and Milk
Lunch: Fish Sticks or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

14

Breakfast: Pancake or Cereal, Fruit and Milk
Lunch: Grilled Cheese Sandwiches or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

15

Breakfast: Cereals, Fruit and Milk
Lunch: Chicken Tortilla Soup or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

16

Breakfast: Applesauce Oatmeal or Cereal, Fruit and Milk
Lunch: Pulled Pork Nachos or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

17

Breakfast: Waffle or Cereal, Fruit and Milk
Lunch: Chicken Gravy with Rice or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

20

Breakfast: Breakfast muffin or Cereal, Fruit and Milk
Lunch: Chicken Potato Bake or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

21

Breakfast: Yogurt Parfait or Cereal, Fruit and Milk
Lunch: Cheese Burgers or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

22

Breakfast: Cereals, Fruit and Milk
Lunch: Beef & Beef Burrito or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

23

Breakfast: Spiced Oatmeal or Cereal, Fruit and Milk
Lunch: Pasta Primavera or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

24

Breakfast: Cinnamon Citrus French Toast or Cereal, Fruit and Milk
Lunch: Chili and Cornbread or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

27

Breakfast: Blueberry muffin or Cereal, Fruit and Milk
Lunch: Pulled Pork Sandwiches or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

28

Breakfast: Pancake or Cereal, Fruit and Milk
Lunch: Grilled Cheese Sandwiches or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

29

Breakfast: Cereals, Fruit and Milk
Lunch: Chicken Tortilla Soup or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

30

Breakfast: Applesauce Oatmeal or Cereal, Fruit and Milk
Lunch: Chicken & Black Bean Burrito or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk

31

Breakfast: Waffle or Cereal, Fruit and Milk
Lunch: Chicken Gravy with Rice or Sun butter/ Jam Sandwich, Salad, Vegetable, Fruit and Milk