

OCTOBER 2025

MUMFORD

A choice of milk and Grab N' Go will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Berries & Cream 1	Chicken Spaghetti with Breadstick or Choice of Pizza Seasoned Green Beans Garden Fresh Salad Strawberry Apple Sauce 2	Chili Dog or Cheese Burger Basket with Fries Lettuce, Pickles & Tomatoes Fresh Fruit 3
Big Grilled Cheese or Macaroni & Cheese Seasoned Vegetables Emoji Fried Fruit 6	Crispito Spanish Rice Pinto Beans Garden Fresh Salad Homemade Salsa Fruit Cup 7	Steak Fingers or Chicken Nuggets Hot Roll Mashed Potatoes Roasted Vegetables Sliced Peaches 8	Spaghetti with Meat Sauce with Garlic Bread or Specialty Pizza Steamed Vegetables Garden Fresh Salad Fruit Dessert 9	Cheese Burger or Chicken Sandwich Basket with Fries Lettuce, Pickles & Tomatoes Fresh Fruit 10
Crispy Chicken Wrap or Sausage Dog Choice of Chips Seasoned Vegetables Carrot Dippers Fluffy Fruit Salad 13	Beef or Chicken Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Orange Smile 14	Country Bowl or Country Bucket Hot Roll Carrot Dippers Fruit Cup 15	Chicken Parmesan with Garlic Bread or Choice of Pizza Steamed Vegetables Garden Fresh Salad Fruit Cup 16	Cheese Burger or Corn Dog Basket with Fries Lettuce, Pickles & Tomatoes Fresh Fruit 17
Asian Bowl or Popcorn Chicken with Fried Rice Seasoned Vegetables Glazed Carrots Fruit Salad 20	Soft or Crispy Tacos Shredded Lettuce Chopped Tomatoes Rice & Beans Homemade Salsa Fruit Cup 21	Chicken Fried Steak or Chicken Strips Hot Roll Mashed Potatoes Steamed Vegetables Fruit Cup 22	Ravioli in Marinara Sauce with Breadstick or Choice of Pizza Seasoned Vegetables Garden Fresh Salad Fruit Dessert 23	Chicken Sandwich or Chili Dog Basket with Fries Lettuce, Pickles & Tomatoes Fresh Fruit 24
Stuffed Baked Potato with Hot Roll or Cheese Sticks with Marinara Sauce Macaroni & Cheese Steamed Broccoli Garden Fresh Salad Fruit Medley 27	Enchiritos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Garden Fresh Salad Fruit Cup 28	Chicken Drumsticks or Boneless Wings Hot Roll Mashed Potatoes Seasoned Vegetables Berries & Cream 29	Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Garden Fresh Salad Fruit Cup 30	No School HAPPY HALLOWEEN 31

An option of cereal, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 10/1, 10/13 & 10/27	Breakfast Pizza	Eggs & Bacon with Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
WEEK OF 10/6 & 10/20	Waffles	Eggs with Sausage & Toast	Breakfast on Bun	Yogurt & Graham	Breakfast Taco

This institution is an equal opportunity provider.



What is a
Ghost's
favorite
dessert?

ICE SCREAM!



What do you
get when you
drop a
pumpkin?

SQUASH! 🎃



10