



Watson/Friendship Academy

Lunch Oct./Nov. 26-27



Monday	Tuesday	Wednesday	Thursday	Friday
10/5/26 Cheese Pizza or Chicken Nuggets Dinner roll Featured Veggies: Curry Fries Zucchini Applesauce/Banana Choice of Milk	10/6/26 Chicken Nuggets Dinner roll or Walking Taco Featured Veggies: Black Bean Corn Applesauce/Orange Choice of Milk	10/7/26 Hot Dog on a Bun or Chicken Nuggets Dinner roll Featured Veggies: Carrots Tater Tots Banana/Mixed Fruit Choice of Milk	10/8/26 Salisbury Steak w/Gravy Dinner roll or Chicken Nuggets Dinner Roll Featured Veggies: Green Beans Mashed Potatoes Applesauce/Orange Choice of Milk	10/9/26 Maxx Sticks or Chicken Nuggets Dinner Roll Featured Veggies: Side Salad Carrots Apple/Applesauce Choice of Milk
10/12/26 Cheese Pizza or Chicken Tenders Dinner Roll Featured Veggies: Carrots Zucchini Banana/Mixed Fruit Choice of Milk	10/13/26 Sloppy Joe on a Bun or Chicken Tenders Dinner roll Featured Veggies: French Fries Baked Beans Applesauce/Orange Choice of Milk	10/14/26 Hot Dog on a Bun or Chicken Tenders Dinner Roll Featured Veggies: Broccoli Red Pepper Strips Diced Pears/Banana Choice of Milk	10/15/26 BBQ Rib on a Bun or Chicken Tenders Dinner roll Featured Veggies: Sweet Potatoes Green Beans Applesauce/Fresh Apple Choice of Milk	10/16/26 Pasta w/Meatsauce Dinner Roll or Chicken Tenders Dinner Roll Featured Veggies: Side Salad/Dressing Fresh Cauliflower Orange/Applesauce Choice of Milk
10/19/26 Cheese Burger on a Bun or Chicken Patty on a Bun Featured Veggies: Broccoli Potato Wedges Mixed Fruit/Banana Choice of Milk	10/20/26 Chicken Patty on a Bun or Tomato Soup Featured Veggies: Hashbrown Corn Applesauce/Orange Choice of Milk	10/21/26 Chicken Patty on a Bun or Pasta w/Meatsauce Featured Veggies: Green Beans Side Salad/Dressing Diced Peaches/Banana Choice of Milk	10/22/26 Cheese Quesadilla or Chicken Patty on a Bun Featured Veggies: Baked Beans Red Pepper Strips Applesauce/Fresh Apple Choice of Milk	10/23/26 Cheese Pizza or Chicken Patty on a Bun Featured Veggies: Carrots Fresh Cauliflower Orange/Applesauce Choice of Milk
10/26/26 Cheese Pizza or Chicken Nuggets Dinner roll Featured Veggies: Curry Fries Zucchini Applesauce/Banana Choice of Milk	10/27/26 Chicken Nuggets Dinner roll or Walking Taco Featured Veggies: Black Bean Corn Applesauce/Orange Choice of Milk	10/28/26 Hot Dog on a Bun or Chicken Nuggets Dinner roll Featured Veggies: Carrots Tater Tots Banana/Mixed Fruit Choice of Milk	10/29/26 Salisbury Steak w/Gravy Dinner roll or Chicken Nuggets Dinner Roll Featured Veggies: Green Beans Mashed Potatoes Applesauce/Orange Choice of Milk	10/30/26 Maxx Sticks or Chicken Nuggets Dinner Roll Featured Veggies: Side Salad Carrots Apple/Applesauce Choice of Milk
11/2/26 Cheese Pizza or Chicken Tenders Dinner Roll Featured Veggies: Carrots Zucchini Banana/Mixed Fruit Choice of Milk	11/3/26 Sloppy Joe on a Bun or Chicken Tenders Dinner roll Featured Veggies: French Fries Baked Beans Applesauce/Orange Choice of Milk	11/4/26 Hot Dog on a Bun or Chicken Tenders Dinner Roll Featured Veggies: Broccoli Red Pepper Strips Diced Peaches/Banana Choice of Milk	11/5/26 BBQ Rib on a Bun or Chicken Tenders Dinner roll Featured Veggies: Sweet Potatoes Green Beans Applesauce/Fresh Apple Choice of Milk	11/6/26 Pasta w/Meatsauce Dinner Roll or Chicken Tenders Dinner Roll Featured Veggies: Side Salad/Dressing Fresh Cauliflower Orange/Applesauce Choice of Milk
11/9/26 Cheese Burger on a Bun or Chicken Patty on a Bun Featured Veggies: Broccoli Potato Wedges Mixed Fruit/Banana Choice of Milk	11/10/26 Chicken Patty on a Bun or Tomato Soup Featured Veggies: Hashbrown Corn Applesauce/Orange Choice of Milk	11/11/26 Chicken Patty on a Bun or Pasta w/Meatsauce Featured Veggies: Green Beans Side Salad/Dressing Diced Peaches/Banana Choice of Milk	11/12/26 Cheese Quesadilla or Chicken Patty on a Bun Featured Veggies: Baked Beans Red Pepper Strips Applesauce/Fresh Apple Choice of Milk	11/13/26 Cheese Pizza or Chicken Patty on a Bun Featured Veggies: Carrots Fresh Cauliflower Orange/Applesauce Choice of Milk
11/16/26 Cheese Pizza or Chicken Nuggets Dinner roll Featured Veggies: Curry Fries Zucchini Applesauce/Banana Choice of Milk	11/17/26 Chicken Nuggets Dinner roll or Walking Taco Featured Veggies: Black Bean Corn Applesauce/Orange Choice of Milk	11/18/26 Hot Dog on a Bun or Chicken Nuggets Dinner roll Featured Veggies: Carrots Tater Tots Banana/Mixed Fruit Choice of Milk	11/19/26 Salisbury Steak w/Gravy Dinner roll or Chicken Nuggets Dinner Roll Featured Veggies: Green Beans Mashed Potatoes Applesauce/Orange Choice of Milk	11/20/26 Maxx Sticks or Chicken Nuggets Dinner Roll Featured Veggies: Side Salad Carrots Apple/Applesauce Choice of Milk

Weekly Vegetable Subgroups May Include:
 Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas and lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

Menu Subject to Change Without Notice

USDA is an equal opportunity provider and employer.