

MENUS FOR OCTOBER 2025

Brick School District Elementary Schools Breakfast \$1.80 Lunch \$3.15

This institution is an equal opportunity provider. Menus are subject to change.

Wednesday, October 1

Vegetarian Day
 Breakfast for lunch
 French Toast sticks
 Egg omelet
 Hash brown
 Garbanzo Beans

Assorted Milks
 Assorted Fruit
 4 x 6 pizza
 Bagel
 Fun lunch Cereal

Thursday, October 2

Yom Kippur

No School Today

Friday, October 3

Dominos Smart Slice Pizza

Smiley Fries
 Baby Carrots

Assorted Fruits
 Assorted Milks

Bagel Bag
 Fun Lunch ~ Cereal

NATIONAL FIRE PREVENTION WEEK
OCTOBER

Monday, October 6

FIRE PREVENTION WEEK
 "National Noodle Day"
 Macaroni and Cheese
 Celery Sticks
 Tossed Salad

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Cereal

Tuesday, October 7

FIRE PREVENTION WEEK
 Cheese steak
 Vegetarian Baked Beans
 Celery Sticks

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Cereal

Wednesday, October 8

FIRE PREVENTION WEEK
 Mashed Potato Bowl
 Broccoli
 Sweet Corn

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Cereal

Thursday, October 9

FIRE PREVENTION WEEK
 "Hoagie Day"
 Meatball Hoagie
 Broccoli
 Celery

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Cereal

Friday, October 10

Dominos Smart Slice Pizza

Tossed salad
 Baby Carrots

Assorted Fruits
 Assorted Milks

Bagel Bag
 Fun Lunch ~ Cereal

October is Breast Cancer Awareness Month

Monday, October 13

No School Today

Professional Day for Our Teachers

Tuesday, October 14

National Dessert Day
 Macho Nachos
 Black Beans
 Salsa
 Choice of
 Chocolate or Vanilla Pudding

Assorted Fruits
 Assorted Milks
 4 x 6 pizza
 Bagel Bag
 Turkey & Cheese Sandwich

Wednesday, October 15

Chicken Parm Sandwich
 Green Beans
 Baby Carrots

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Turkey & Cheese Sandwich

Thursday, October 16

"Dictionary Day"
 ABC Shaped Nuggets
 Grape Tomatoes
 Cucumber Slices

Assorted Fruits
 Assorted Milks

4 x 6 Pizza
 Bagel Bag
 Fun lunch ~ Turkey & Cheese Sandwich

Friday, October 17

Dominos Smart Slice Pizza

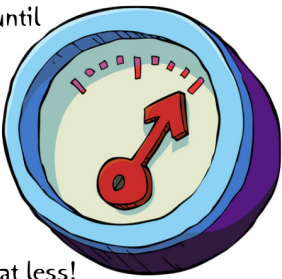
Tossed salad
 Baby Carrots

Assorted Fruits
 Assorted Milks

Bagel Bag
 Fun Lunch ~ Turkey & Cheese Sandwich

NOT SO FAST.

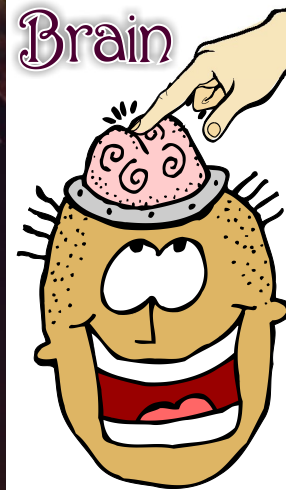
Your brain isn't as fast as your mouth. That's why you don't feel full until about 20 minutes after you start eating. Most of us eat too fast, and so we take in way more calories than we need before our brains tell us we're full. Eat slower, eat less!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Brain Ticklers



The word "candy" can be spelled using just two letters. What are the two letters?

(Hold the page upside down and read it in a mirror for the answer!)

C. A U Q A ?



What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 20

"Fun Sized" Popcorn
 Chicken with dinner roll
 Baby Carrots
 Vegetarian Baked Beans

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Nachos

Tuesday, October 21

Oven Baked Mozzarella Sticks
 With marinara sauce
 Celery Sticks
 Baby Carrot

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Nachos

Wednesday, October 22

"Breakfast for lunch"
 French Toast Sticks
 Turkey sausage
 Hash Brown
 Celery Sticks

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Nachos

Thursday, October 23

Mini Corn Dogs
 Vegetarian Beans
 Celery Sticks

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Nachos

Friday, October 24

Dominos Smart Slice
 Pizza

Tossed salad
 Baby Carrots

Assorted Fruits
 Assorted Milks

Bagel Bag
 Fun Lunch ~ Nachos

Monday, October 27

"Potato Day"
 Chicken Nuggets with
 Dinner roll
 Carrot Sticks
 Tater Tots

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Egg & Cheese

Tuesday, October 28

Warm Ham & Cheese
 Croissant
 Sweet Peas
 Celery Sticks

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Egg & Cheese

Wednesday, October 29

Hamburger OR
 Cheese burger
 Tater Tots
 Grape Tomatoes

Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Egg & Cheese

Thursday, October 30

"PRE Halloween Party"
 Bat Shaped Chicken
 Nuggets
 Witches fingers (celery
 Sticks)

Vegetarian Bean
 Jello
 Assorted Fruits
 Assorted Milks

4 x 6 pizza
 Bagel Bag
 Fun ~ Egg & Cheese

Friday, October 31

Dominos Smart Slice
 Pizza

Tossed salad
 Baby Carrots

Assorted Fruits
 Assorted Milks

Bagel Bag
 Fun ~ Egg & Cheese