

NEW HORIZONS NORTH

FALL MENU • OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 B: WGR Pancakes, Sausage Patty & Pineapple Tidbits L: Turkey & Cheese Sandwich w Cucumber & Sliced Pears	2 B: Cheese Omelet w WGR Buns & Apple Slices L: Cheese Pizza w Steamed Broccoli & Sliced Pears
5 B: WGR Biscuit w Scrambled Eggs & Sliced Apples L: Soft Beef Tacos w Shredded Cheese, Taco Sauce, Corn, diced Pineapple	6 B: Kix Cereal w Tropical Fruit L: Meatball Sub w Sauce on roll w Sliced Tomatoes & Apple Slices	7 B: WGR Cinnamon Raisin Bread w Nutella & mandarin oranges L: Nuggets w French Fries & strawberries	8 B: Cheerios Cereal w diced Pears L: WGR Butter Pasta w Chicken Parmesan w Cauliflower & Apricot Halves	9 B: WGR Pancake w Butter & Applesauce L: Italian Sub w Cucumber Slices & Orange Slices
12 NO SCHOOL	13 B: Special K Cereal w Pineapple Tidbits L: Tomato Soup w Grilled Cheese on WGR Bread, & Blueberries	14 B: WGR Pancake on A Stick w Fruit Cocktail L: Mac & Cheese w Grilled Chicken Strip, celery sticks & Strawberries	15 B: WGR Muffins w Orange Slices L: Cheeseburger w Baked Beans & Bananas	16 B: Cinnamon Chex w Blueberries L: Popcorn Chicken w Mashed Potatoes, WGR dinner roll, gravy & Sliced Pears
19 B: Blueberry Chex w Apricot L: Turkey & Cheese Sandwich on WGR Bun, w carrot sticks & Sliced Peaches	20 B: WGR Breakfast Bagel w Sliced Pears L: Pepperoni Pizza w celery sticks & diced Mango	21 B: Special K w Bananas L: Chicken Sandwich w WGR Bun, Corn & pineapple tidbits	22 B: WGR Pancake on a stick w Apple Slices L: Chili w Beans, WGR cornbread & sour cream, Green Beans & Orange Slices	23 B: WGR Bagel w Butter and Blueberries Early Dismissal
26 B: Rice Krispies Cereal w Sliced Peaches L: Cheese Pizza w Steamed Broccoli & Sliced Pears	27 B: WGR Waffles w Tropical Fruit L: Spaghetti w Meatballs, Salad & Fruit Cocktail	28 B: Frosted Mini Wheat w Strawberries L: Cheeseburger on WGR Bun, w Tater tots & sliced peaches	29 B: Cheese Omelet w WGR Buns & Apple Slices L: Tomato Soup w Grilled Cheese, & Blueberries	30 B: WGR Muffin, 100% Orange Juice L: Loaded Fries w Taco Meat & Cheese Sauce, Cornbread, & diced Mango

DAILY INFORMATION

BREAKFAST INCLUDES

Entrée • 1 cup fruit • ½ pint milk
 100% juice available
 Whole-grain cereal bars and toaster pastries available

MILK CHOICES

Low-fat white or chocolate

DAILY ALTERNATE

PB&J on WG bread

BUILD A COMPLETE LUNCH

Choose at least 3 of 5 components:
 Meat/meat alternate • Vegetable • Fruit • Grain/bread • Milk

Students must choose at least one fruit or vegetable.

WG = whole grain • Menus subject to change

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE



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Fresh choices. Clear information. A healthy start to fall.