

<b>October Trivia Question: What is the meaning behind “trick-or-treat”?</b> The custom of trick-or-treating has its roots in the medieval practice of “souling,” where children and the poor would go door-to-door offering prayers for the dead in exchange for food. Over time, this evolved into the modern-day practice of children dressing up in costumes and asking for candy.		<b>Wednesday</b> <b>10/1/2025</b> Classic Chef Salad Ham, Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Sliced Peaches & Strawberries 1% or Skim Milk	<b>Thursday</b> <b>10/2/2025</b> Ham & American Cheese on WG Bread w/ Lettuce & Tomato Carrot Raisin Salad Fresh Orange 1% or Skim Milk 	<b>Friday</b> <b>10/3/2025</b> Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Fresh Orange 1% or Skim Milk
<b>Monday</b> <b>10/6/2025</b> Egg Salad on Vienna Bread w/ Lettuce & Tomato Cowboy Caviar Diced Peaches 1% or Skim Milk	<b>Tuesday</b> <b>10/7/2025</b> Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad 100% Grape Juice WG Breadstick Fudge Round or Diet Cookie 1% or Skim Milk	<b>Wednesday</b> <b>10/8/2025</b> Italian Herb Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	<b>Thursday</b> <b>10/9/2025</b> Three Meat Hoagie w/ Ham, Pepperoni & Roast Beef on WG Hoagie Bun w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk	<b>Friday</b> <b>10/10/2025</b> Sliced Roast Beef & Cheddar on WG Bun w/ Lettuce & Tomato Cowboy Caviar Cinnamon Applesauce 1% or Skim Milk 
<b>Monday</b> <b>10/13/2025</b> Turkey & Swiss on Rye Bread w/ Lettuce & Tomato Coleslaw Fresh Apple 1% or Skim Milk 	<b>Tuesday</b> <b>10/14/2025</b> Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Mixed Greens Salad Crackers(2pk) 100% Orange Juice Cinnamon Pears 1% or Skim Milk	<b>Wednesday</b> <b>10/15/2025</b> Ham & Cheddar on Vienna Bread w/ Lettuce & Tomato Pea Salad Chocolate Chip Cookie or Diet Cookies 1% or Skim Milk	<b>Thursday</b> <b>10/16/2025</b> Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk	<b>Friday</b> <b>10/17/2025</b> BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pk)/Vegetable Juice Fruit Mix 1% or Skim Milk
<b>Monday</b> <b>10/20/2025</b> Turkey Pesto Club Sandwich on Vienna Bread Coleslaw Fresh Pear 1% or Skim Milk 	<b>Tuesday</b> <b>10/21/2025</b> Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Sliced Peaches 1% or Skim Milk	<b>Wednesday</b> <b>10/22/2025</b> Ham Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Mixed Greens Salad 100% Orange Juice Crackers(2pk) Rice Krispy or Diet Cookie 1% or Skim Milk	<b>Thursday</b> <b>10/23/2025</b> Cobb Salad with Bacon, Ham, Diced Egg, Chicken, & Bleu Cheese Crumbles over Mixed Greens Salad 100% Apple Juice Crackers(2pkg) Cinnamon Pears 1% or Skim Milk	<b>Friday</b> <b>10/24/2025</b> Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Grape Juice Applesauce 1% or Skim Milk
<b>Monday</b> <b>10/27/2025</b> Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Coleslaw Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	<b>Tuesday</b> <b>10/28/2025</b> <b>National Chocolate Day</b> Roast Beef & Cheddar on Kaiser Bun w/ Lettuce & Tomato Potato Salad Chocolate Pudding or Diet Pudding 1% or Skim Milk	<b>Wednesday</b> <b>10/29/2025</b> Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Fruit Cocktail 1% or Skim Milk 	<b>Thursday</b> <b>10/30/2025</b> Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Strawberries & Mandarins 1% or Skim Milk	<b>Friday</b> <b>10/31/2025</b> <b>Egg Salad</b> <b>on Vienna Bread</b> <b>w/ Lettuce &amp; Tomato</b> <b>Three Bean Salad</b> <b>Pumpkin Cheesecake Fluff</b> <b>or Diet Pudding</b> <b>1% or Skim Milk</b>
<b>** These meals may contain the following allergens: Peanuts, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds**</b>				