

OCTOBER 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH PRICES: Paid is \$3.90 Elementary / \$4.00 Middle School Reduced is \$0.40 cents for all grade levels Free is Free			1 French Bread Pizza, Chickpea Salad, Fruit Cups, Garden Bar, Choice of Milk	2  **NO** **SCHOOL**
5 Fish Sticks, Onion Rings, Green Beans, Apple Sauce, Garden Bar, Choice of Milk	6 Chicken Burrito, Salsa & Sour Cream, Refried Beans, Oranges, Garden Bar, Choice of Milk	7 Omelet and Cinnamon Roll, Sweet Potato, Fruit Cups, Garden Bar, Choice of Milk	8 American Chop Suey, Caesar Salad, Pears, Garden Bar, Choice of Milk	9 Domino's Pizza, Celery Sticks, Fruit Icy, Garden Bar, Choice of Milk
12 **NO SCHOOL** COLUMBUS DAY  CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK OCT 12TH-16TH *2026	13  *Chicken Drums, *Trapeze Pretzel, *Tightrope Sweet Potato Fries, Garden Bar, Choice of Milk	14 *Acrobat Walking Tacos, *Firecracker Salsa, *Carnival Confetti Black Beans, Garden Bar, Choice of Milk	15  *Carnival Corn Dog, *Ferris Wheel Curly Fries, *Broccoli Salad, Garden Bar, Choice of Milk	16 *Lion Tamer Pizza (Domino's), *Veggie Sticks, *Fruit Crisp, Garden Bar, Choice of Milk
19 Rodeo Burger, French Fries, Pineapple Cups, Garden Bar, Choice of Milk	20 Chicken Lo Mein, Egg Roll, Edamame, Pears, Garden Bar, Choice of Milk	21 BBQ Chicken Flatbread, Roasted Carrots, Oranges, Garden Bar, Choice of Milk	22 Mozzarella Sticks, Marinara Sauce, Spinach Salad, Apple, Garden Bar, Choice of Milk	23 Domino's Pizza, Veggie Sticks, Banana, Garden Bar, Choice of Milk
26 Chicken Tenders, Rice, Apple Sauce, Chickpea Salad, Garden Bar, Choice of Milk	27 Ham and Cheese Sub, Lettuce & Tomato, Peach Sorbet, Garden Bar, Choice of Milk	28 Griddle Stack Sandwich, Butternut Squash, Warm Pears, Garden Bar, Choice of Milk	29 Chicken Alfredo Penne, Broccoli, Clementine, Garden Bar, Choice of Milk	30 Domino's Pizza, Veggie Sticks, Fruit Cups, Garden Bar, Choice of Milk



DAILY OFFERINGS INCLUDE ONE OR MORE OF THE FOLLOWING: MUNCHABLE PLATES, YOGURT PLATES, ASSORTED SANDWICHES.
 A COMPLETE MEAL INCLUDES AN ENTRÉE, FRUIT, VEGGIE, AND CHOICE OF MILK.
 THIS MENU MEETS THE NUTRITIONAL GUIDELINES FOR THE NATIONAL SCHOOL LUNCH PROGRAM AS ESTABLISHED BY THE USDA.
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.
 ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES. MENU SUBJECT TO CHANGE.



Reimbursable Meal: This is a complete meal in which five components (grains, meat/meat-alternative, fruit, vegetable, and a choice of milk) are offered and a student must take at least three of five offerings, one of which needs to be a fruit or a vegetable. Hooksett offers a garden bar filled with alternative choices of fruits and vegetables in addition to the ones that are on the day's menu.

A la Carte Entrée: This is the main entree of a complete meal, ex: Chicken patty on a bun, American Chop Suey, Ham & Cheese Croissant, Grilled Chicken Caesar Wrap, Pizza, etc.

A La Carte Items:	Prices
A La Carte Entree	2.75
Water	.50 for 8oz. 1.00 for 16.9oz
Milk	.50
Premium Water (middle school) 100 % fruit Snapple, plain seltzer and sport top large waters	1.50
Breakfast Entree	2.00
Whole Fruit	.75
Vegetable cups	.75
100 % Fruit Juice	.75
Snacks: whole grain, reduced-fat and -sodium chips, popcorn, sunflower seeds, whole grain and low-sugar pop tart, whole grain Goldfish & Cheez-Its, etc.	1.25
Roll	.50
Extra Dressings	.50
Cheese Stick (low-fat & low-sodium)	.75
Extra Sides (French fries, Caesar salad, etc.)	1.00
Cookie (whole grain reduced-fat & reduced-sodium)	1.25
Ice Cream (low-fat & low-sugar)	1.25
Ice Cream Premium (middle school)	1.25
Yogurt	.75