

## **OCTOBER 2025**

Poplar Schools

*	Monday	Tuesday	Wednesday	Thursday	Friday
			1. Breakfast Sandwich w, English Muffin, Apples or Orange 2. Cereal, Nutri-grain or Toast, Assorted Milk	Pancakes, Applesauce, Cereal, Nutri-Grain, Assorted Milk	Breakfast Bars, Toast, Pears, Grapes, or Cereal, Assorted Milk
***************************************	Breakfast Pizza, Pineapple, Or Cereal, Mandarin Orange, Assorted Milk	Early Riser, Nutri-Grain, Or Cereal, Apples, Assorted Milk	Hot Or Cold Cereal, Banana or Mandarin Oranges, Nutrigrain, Assorted Milk	Omelet or Cereal, Toast, Orange or Apple, Assorted Milk	Scrambled Eggs, Links, Toast, or Cereal, Mandarin Oranges or Peaches, Assorted Milk
was.	<ol> <li>Biscuits &amp; Gravy,</li> <li>Mandarin Oranges or Apple</li> <li>Cereal, Nutri-Grain Bars,</li> <li>Assorted Milk</li> </ol>	<ol> <li>Pancake Wrap,         Applesauce or Apple     </li> <li>Cereal, Toast, Apple or         Orange, Assorted Milk     </li> </ol>	1. Scrambled Eggs w Ham, Apple or Cantaloupe, Toast 2. Cereal, Nutri-Grain, Same Fruits, Assorted Milk	NO SCHOOL	NO SCHOOL
× ×	1. Boiled Eggs, Sausage Links, Nutri-Grain Bar	1. Breakfast Burrito, Applesauce, or Oranges	1. Scrambled Eggs, Sausage Patty, Same fruit, Toast	1. Breakfast Bars, Nutri- Grain, Peaches or Pears	1. Corn Beef Hash, Muffin, Pears or Banana
	2.Cereal, Nutri-Grain Bar, Apple or Orange, Assorted Milk	2. Cereal, Toast, Orange or Apple, Assorted Milk	2. Cold Cereal, Orange or Apple, Assorted Milk	2. Cereal, Toast, Peaches or Pears, Assorted Milk	2. Cereal, Nutri-Grain, Pears or Banana, Assorted Milk
	1. Breakfast Sandwich, <b>27</b> Pear	1. Hot Cereal, Peaches or Banana, Toast	1. Corn Beef Hash, Muffin, Same Fruits	Breakfast Sandwich,     Peaches or Apple	Pancake Wrap, or Cereal, Peaches or Orange, Assorted
	2. Cereal, Apples, Nutri- Grain, Assorted Milk	2. Cold Cereal, Nutri-Grain, Same Fruits, Assorted Milk	2. Cereal, Nutri-Grain, Pears or Apple, Assorted Milk	2. Cold Cereal, Toast, Same Fruit, Assorted Milk	Milk

Menu subject to change without notice.

This institution is an equal opportunity provider.



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*	Monday	Tuesday	Wednesday	Thursday	Friday
			1. Chicken Strip, Mac. & Cheese, Orange or Mixed Fruit 2. Chicken Nuggets, Apple or Orange, Salad Bar, Assorted Milk. Hominy soup on 2nd table	<ol> <li>Goulash, Green Beans, 2</li> <li>Apple or Orange</li> <li>Pizza, Pineapple, Salad Bar, Assorted Milk</li> </ol>	Indian Taco, Apples, Carrot Stick, Salad Bar, Assorted Milk
***	1. Hamburger w/ Bun, Fries 2. Polish Dog w/ Bun, Baked Beans, Peaches or Pears, Salad Bar, Assorted Milk	1. Chicken Noodle Soup, PBJ, Celery, Watermelon or Apple 2. Spanish Rice, Burrito, Broccoli, Refried Beans, Salad Bar, Assorted Milk	1. Hot Dogs, Fries, Carrots, Apple or Orange 2. Hamburger Vegetable Soup, Celery, Same Fruits, Salad Bar, Assorted Milk	<ol> <li>Spaghetti, Bread stick, corn, grapes</li> <li>Pulled Pork w/Bun, Wedges, Green Beans, Salad Bar, Assorted Milk</li> </ol>	Drumsticks, Mashed Pota- toes w/Gravy, Dinner Roll, Orange or Apple, Salad Bar, Assorted Milk
*, wh	<ol> <li>Corn Dogs, Fries, Grapes or Cantaloupe</li> <li>Ham, Scalloped Potatoes, Green Beans, Dinner Roll, Same Fruits, Salad Bar, Assorted Milk</li> </ol>	1. Hot Hamburger w/ Mashed Potatoes, Carrots or Celery, Oranges 2. Tomato Soup, PBJ Sandwich, Oranges or Apples, Salad Bar, Assorted Milk	1. Hamburger Gravy w/ Potatoes, Grapes, Biscuit 2. Pulled Pork w/ Bun, Corn on cob, Banana or Grapes, Salad Bar, Assorted Milk	NO SCHOOL	NO SCHOOL
	1. Chili, Corn Bread, Apple or Orange 2. Beef Noodle Hotdish, Cauliflower, Apple or Orange, Salad Bar, Assorted Milk	1. Chicken Fried Rice, Egg Roll, Fortune Cookie, Celery Sticks 2. Hamburger Vegetable Soup, Carrot Stick, Apples, Salad Bar, Assorted Milk	Chili Dogs, Fries, Apple or Orange, Salad Bar, Assorted Milk	<ol> <li>Tator Tot Casserole, Peas Pears or Mand. Oranges</li> <li>Hamburger Mac. Soup, Carrots or Celery, Watermelon, Salad Bar, Assorted Milk</li> </ol>	Pizza, Pineapple, Carrot or Celery Sticks, Salad Bar, Assorted Milk
×.	2. Fish Sticks, Wedges, Same	1. Ham or Turkey Sandwich 28 Tomato soup, Orange or Apple 2. Pizza, Pineapple, Carrots or Celery, Salad Bar, Assorted Milk	<ol> <li>Hot Dogs, w/Bun, Fries, Banana or Orange, Celery Sticks</li> <li>Corn Dog, Fries, Same Fruit, Carrots, Salad Bar, Assorted Milk</li> </ol>	1. Chicken Strips, Mac. & Cheese, Grapes, Carrot or Celery 2. Chicken Noodle Soup, Grapes, Carrots or Celery, Salad Bar, Assorted Milk	Taco in a Bag, Banana, Mixed Fruit, Salad Bar, Assorted Milk

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