

October

**Monticello High
School Lunch Menu
2025**



S'mores BUT make it Health“ier”

Sticking to the theme of Fall and the month of Apples, try this at the next campfire!

INGREDIENTS

- 2 apples, sliced at the thickest point to make a round top and bottom
- ½ cup chopped caramel chocolate bar, about 1 candy bar or your choice of chocolate
- 12 large marshmallows

DIRECTIONS

Rinse and pat dry the apples with a clean kitchen towel.

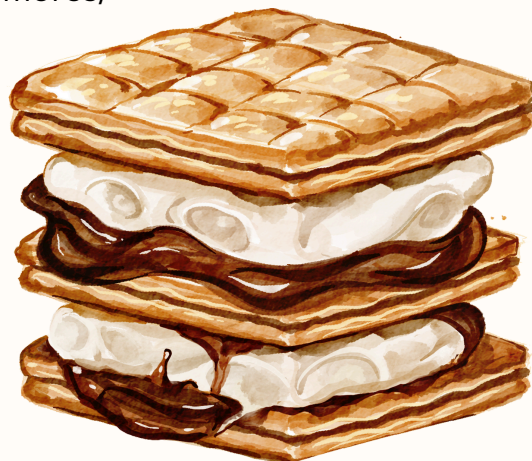
Place the apples onto a flat surface and use a sharp knife to make ½-inch thick slices.

Lay the apple slices flat and sprinkle half with the chocolate caramel pieces.

Toast the marshmallows over an open flame or broil them on a baking sheet until they reach your preferred level of “toasted”.

Place a marshmallow over the candy pieces and gently press a plain apple slice on top.

Reference: <https://www.laurafuentes.com/apple-pie-smores/>



DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED
FRUIT
SALAD BAR
ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS
CHARCUTERIE TO-GO KITS (HS)

October 1st - 3rd

Wed

Greek Marinated Chicken Thighs with Pita
Sides: Tzatziki Sauce, Israeli Salad, Lemon Dill Couscous

Vegetarian Option: Greek Marinated Chickpeas

Thurs

MCSD CLOSED- Yom Kippur

Fri

Mac and Cheese with or without Ham
Side: Seasoned Peas

Vegetarian Option: Mac and Cheese without Ham

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Subject to Change**

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 SPECIALTY SALADS
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October 6th - 10th

Mon

Nashville Hot or Not Chicken Sandwich with Pickles
 Sides: Coleslaw, Confetti Corn

Vegetarian Option: See Daily Alternatives

Tue

Pasta with Meat Sauce
 Side: Cucumber Salad

Vegetarian Option: Pasta with Red Sauce and Cheese

Wed

Pulled Chicken Nachos
 Toppings: Lettuce, Tomatoes, Onion, Cheese,
 Salsa, Sour Cream, Rice

Vegetarian Option: Seasoned Black Bean Nachos

Thurs

Western Frittata with Ham, Peppers, Onions, and Cheese
 Sides: Hash Brown, Biscuit

Vegetarian Option: See Daily Alternatives

Fri

Cheese and Chicken Quesadilla
 Sides: Seasoned Black Beans, Salsa, Sour Cream

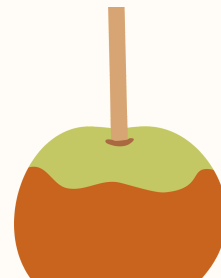
Vegetarian Option: Cheese Quesadilla

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mail:
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
 fax:
 (833) 256-1665 or (202) 690-7442; or
 email:
Program.Intake@usda.gov
 This institution is an equal opportunity provider.

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OCTOBER 13TH - 17TH



Mon	MCSD CLOSED - Columbus Day
Tue	BBQ Chicken Bowl Sides: Mashed Potatoes, Corn, Cheddar, Corn Bread Vegetarian Option: See Daily Alternates
Wed	Stuffed Shells with Marinara Sauce Sides: Tossed Salad, Garlic Breadstick Vegetarian Option: Hot Meal is Vegetarian
Thurs	Chicken Stir Fry with Oriental Vegetables Sides: Rice, Chow Mein Noodles Vegetarian Option: See Daily Alternates
Fri	Meatball Subs on a Hoagie Roll Seasoned Peas Vegetarian Option: See Daily Alternatives

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CHARCUTERIE TO-GO KITS (HS)

OCTOBER 20TH - 24TH

Mon

Cheeseburger on a Pretzel Bun
Toppings: Sauteed Mushrooms, Swiss or Cheddar Cheese,
Canadian Bacon
Sides: Baked Sweet Potatoes, Coleslaw

Vegetarian Option: Vegetarian Burger on a Pretzel Bun

Tue

Cheese Baked Ziti
Sides: Roasted Zucchini and Squash, Three Bean Salad

Vegetarian Options: Hot Meal is Vegetarian

Wed

Sweet Chili Meatballs
Sides: Savory Rice, Steamed Broccoli

Vegetarian Option: Vegetarian Meat Balls with Sweet Chili Sauce

Thurs

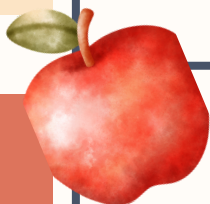
NYS THURSDAY!
Maple BBQ Chicken
Sides: Kale Apple Salad with Apple Vinaigrette,
Baked Potatoes, Harvest Cookies

Vegetarian Option: See Daily Alternatives

Fri

Assorted Pizza Choices
Side: Roasted Carrots

Vegetarian Option: Hot Meal is Vegetarian



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OCTOBER
27TH - 31ST

Mon

Meatball Hero's on a Hoagie Roll
Side: Balsamic Tomato Salad

Vegetarian Option: Vegetarian Meatball Hero's

Tue

Beef Tacos with a Soft Shell
Toppings: Lettuce, Tomatoes, Onions, Cheese, Refried Beans, Salsa,
Sour Cream, Rice

Vegetarian Option: Seasoned Black Bean Tacos

Wed

BREAKFAST FOR LUNCH!
Waffles with House-made Strawberry Sauce
Sides: Sausage, Hash Browns

Vegetarian Option: Hot Meal is Vegetarian without Sausage

Thurs

Hot Roast Beef Sandwiches with Horseradish Cream
Sides: Mashed Potatoes, Corn, Dinner Roll

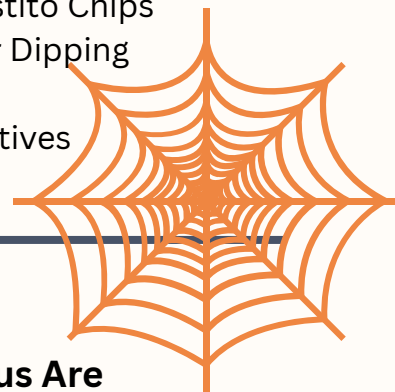
Vegetarian Option: See Daily Alternatives

Fri

Buffalo Chicken Rice Bake served with Tostito Chips
Sides: Celery and Carrots with Ranch for Dipping

Vegetarian Option: See Daily Alternatives

HALLOWEEN



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