

October

**Monticello Middle and
Elementary School
Lunch Menu 2025**






Eat within the Seasons

Fruits: Blackberries, Figs, Pears, Star Fruit, Quince,
Grapes, Dates, Cranberries, Apples

Vegetables: Okra, Beets, Broccoli, Brussel Sprouts, Cabbage,
Chicory, Leaks, Parsnips, Peppers, Pumpkins, Winter Squash,
Turnips, Sweet Potatoes, Shallots

Ingredients

Directions



1 each fresh red and golden beets
1/4 cup balsamic vinegar
2 tablespoons walnut oil
1 teaspoon honey
Dash salt
Dash pepper
1/2 cup sliced fresh strawberries
1/2 cup fresh raspberries
1/2 cup fresh blackberries
3 tablespoons chopped walnuts, toasted
1 shallot, thinly sliced
4 cups torn mixed salad greens
1 ounce fresh goat cheese, crumbled
1 tablespoon fresh basil, thinly sliced

Place beets in an 8-in. square baking dish;
add 1 in. of water. Cover and bake at 400°
for 30-40 minutes or until tender.

Meanwhile, in a small bowl, whisk the
vinegar, oil, honey, salt and pepper; set
aside. Cool beets; peel and cut into thin
slices.

In a large bowl, combine the beets, berries,
walnuts and shallot. Pour dressing over
beet mixture and toss gently to coat.
Divide salad greens among 4 serving plates.
Top with beet mixture; sprinkle with cheese
and basil.

<https://www.tasteofhome.com/recipes/berry-beet-salad/>

Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

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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**Menus Are
 Subject to Change**

Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

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October 6th - 10th

Mon

Chicken Tenders
 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

Grilled Chicken Sandwich
 with Lettuce, Tomato, Cheese as toppings
 Sides: Caesar Salad

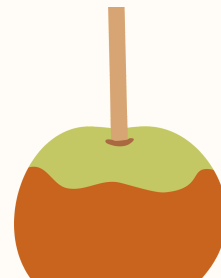
Sauces: Honey Mustard, BBQ

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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.

Daily Specials-
WG PBJ & String Cheese
WG Turkey or Ham
Sandwich
WG Cheese Sandwich
Chef Salad w. WG Roll
Fruit & Yogurt Parfait w.
Granola

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
Sides: Oriental Vegetables, Rice, Chow Mein Noodles
Vegetarian Option: See Daily Alternates

Fri

Meatball Hero's on a Hoagie Bun
Mozzerella Cheese and Seasoned Peas
Vegetarian Option: Veggie Meatballs on a Hoagie

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Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

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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Daily Specials-
 WG PBJ & String Cheese
 WG Turkey or Ham
 Sandwich
 WG Cheese Sandwich
 Chef Salad w. WG Roll
 Fruit & Yogurt Parfait w.
 Granola

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

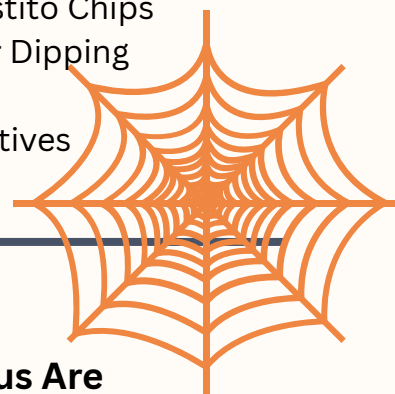
Vegetarian Option: See Daily Alternatives

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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