



Martin Luther HIGH SCHOOL

FAITH • CHARACTER • EXCELLENCE

OCTOBER 2026 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheeseburger • WG Bun • Seasoned Fries • Fresh Fruit • Choice of Milk	2 Grilled Cheese • Tater Tots • SideKick • Fresh Fruit • Choice of Milk
5 Teriyaki Popcorn Chicken • Brown Rice • Stir-Fry Vegetables • Pineapple • Fresh Fruit • Choice of Milk	6 Walking Tacos • Seasoned Beef • Lettuce & Tomato • Shredded Cheese • Refried Beans • Fresh Fruit • Choice of Milk	7 Chicken Alfredo • Pasta • WG Garlic Bread • Steamed Broccoli • Fresh Fruit • Choice of Milk	8 Sloppy Joe • WG Bun • Seasoned Potato Wedges • Green Beans • Fresh Fruit • Choice of Milk	9 Pepperoni Pizza • Greek Salad • Cucumbers • Feta Cheese • Tomatoes • Fresh Fruit • Choice of Milk
12 Spicy Chicken Sandwich • WG Bun • Seasoned Potato Wedges • Carrots • Fresh Fruit • Choice of Milk	13 Beef Tips & Gravy • Mashed Potatoes • Peppers & Onions • Mixed Vegetables • Fresh Fruit • Choice of Milk	14 Grilled Chicken over Rice • Diced Chicken • Chicken Gravy • Corn • Hawaiian Roll • Fresh Fruit • Choice of Milk	15 Beef Stroganoff • Egg Noodles • Green Beans • Fresh Fruit • Muffin • Choice of Milk	16 Breakfast for Lunch • Cheese Omelet • Sausage • Seasoned Potatoes • Fresh Fruit • Choice of Milk
19 Chicken Parmesan Bake • Crispy Chicken • Marinara Sauce • Pasta • Steamed Broccoli • Fresh Fruit • Choice of Milk	20 Salisbury Steak • Mashed Potatoes • Green Beans • WG Dinner Roll • Fresh Fruit • Choice of Milk	21 Grilled Chicken Breast Sandwich • WG Bun • Seasoned Fries • Fresh Fruit • Choice of Milk	22 Corn Dogs • Seasoned Fries • Carrots • Fresh Fruit • Choice of Milk	23 NO LUNCH Parent-Teacher Conferences (9 AM – 12 PM)
26 Popcorn Chicken Bowl • Brown Rice • Stir-Fry Vegetables • Fresh Fruit • Choice of Milk	27 Beef & Broccoli • Brown Rice • Stir-Fry Vegetables • Fresh Fruit • Choice of Milk	28 Chicken Tenders • Seasoned Fries • Roasted Carrots • SideKick • Fresh Fruit • Choice of Milk	29 BBQ Chicken & Mac • Mac & Cheese • Green Beans • Fresh Fruit • Choice of Milk	30 Chicago-Style Hot Dogs • Chicago-Style Hot Dog • Crinkle-Cut Fries • Fresh Fruit • Choice of Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cereal Kit - Fresh Fruit (Apple or Orange) 100% Fruit Juice - Choice of Milk	2 Sausage Biscuit (Whole Grain Biscuit & Sausage Patty) - Fresh Fruit (Banana or Apple) - Choice of Milk
5 Yogurt Parfait - Fresh Fruit (Apple or Banana) - Choice of Milk	6 Apple Frudel - Fresh Fruit (Orange or Apple) - Choice of Milk	7 Egg Biscuit (Whole Grain Biscuit & Egg Patty) - Fresh Fruit (Apple or Banana) - Choice of Milk	8 Waffles - Fresh Fruit (Orange or Apple) - Choice of Milk	9 Apple Cinnamon Round - Fresh Fruit (Banana or Apple Slices) - Choice of Milk
12 Cheese Omelet & Muffin - Fresh Fruit (Apple or Orange) 100% Fruit Juice - Choice of Milk	13 Yogurt Parfait - Fresh Fruit (Banana or Pear) - Choice of Milk	14 Apple Frudel - Fresh Fruit (Apple or Orange) - Choice of Milk	15 Sausage Biscuit (Whole Grain Biscuit & Sausage Patty) - Fresh Fruit (Banana or Apple) - Choice of Milk	16 Cereal Kit - Fresh Fruit (Apple or Orange) - Choice of Milk
19 Chocolate Chip Muffin - Fresh Fruit (Apple or Banana) - Choice of Milk	20 Egg Biscuit (Whole Grain Biscuit & Egg Patty) - Fresh Fruit (Orange or Pear) - Choice of Milk	21 Yogurt Parfait - Fresh Fruit (Apple or Banana) 100% Fruit Juice - Choice of Milk	22 Waffles - Fresh Fruit (Orange or Apple Slices) - Choice of Milk	23 NO BREAKFAST Parent-Teacher Conferences (9 AM – 12 PM)
26 Cereal Kit - Fresh Fruit (Banana or Apple) - Choice of Milk	27 Sausage Biscuit (Whole Grain Biscuit & Sausage Patty) - Fresh Fruit (Orange or Pear) - Choice of Milk	28 Apple Frudel - Fresh Fruit (Apple or Banana) - Choice of Milk	29 Cheese Omelet & Muffin - Fresh Fruit (Apple or Orange) - Choice of Milk	30 Apple Cinnamon Round - Fresh Fruit (Banana or Apple Slices) 100% Fruit Juice - Choice of Milk

**A HEALTHY START
BUILDS A STRONGER SPARTAN!**

MENU INCLUDES:

- One featured breakfast item daily
- Fresh fruit offered daily (apples, oranges, bananas, pears, apple slices)
- 100% fruit juice offered once per week
- Choice of milk (1% White or Fat Free White)
- Hot option available**
- Menu meets required 9 oz grain per week

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