



OCTOBER 2025

Monson High School

100% vegetable or fruit juice
*whole wheat products
Menu subject to change without notice

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken & Broccoli Alfredo **1**
Over Penne *Pasta
Split Top Dinner *Roll
Fresh Fruit or Fruit Cup

Warm Ham & Cheese **2**
On a *Roll
Chicken Noodle Soup
Baby Carrots
Fresh Fruit or Fruit Cup

Big Daddy's **3**
Cheese or Buffalo Chicken
*Pizza
Cucumber Apple Salad
Fresh Fruit or Fruit Cup

BBQ Pulled Chicken **6**
*Sandwich
On a Bulkie Roll
Seasoned Broccoli
Fresh Fruit or Fruit Cup

Italian Cold Cut *Grinder **7**
Snack Bag of Chips
Pickle Spear
Chick Pea Salad
Fresh Fruit or Fruit Cup

Early Release Day **8**
Choice of
Ham & Cheese or
Turkey & Cheese *Sandwich
Fresh Veggies w- Dip
Fresh Fruit or Fruit Cup

Chicken *Nuggets **9**
Smiley Fries
Green Beans
Fresh Fruit or Fruit Cup

Stuffed Crust Cheese **10**
Pepperoni *Pizza
Onion Rings
100% Veggie Juice
Fresh Fruit or Fruit Cup

No School **13**
Indigenous People Day

General Tso's Chicken **14**
Vegetable Fried *Rice
Mixed Vegetables
Fortune Cookie
Pineapple Tidbits

*Pasta with Meat Sauce **15**
Spinach Salad
Shredded Mozzarella Cheese
Garlic Knot *Roll
Fresh Fruit or Fruit Cup

Soft Baked *Pretzel **16**
Cheddar Cheese Sauce
Beef Chili
Steamed Carrots
Fresh Fruit or Fruit Cup

French Bread *Pizza **17**
Seasoned Corn
Ice Cream Novelty
Fresh Fruit or Fruit Cup

Hot Dog on a *Roll **20**
Tortilla Chips w- Salsa
Baked Beans
Fresh Fruit or Fruit Cup

"Totchos" **21**
(Beef Taco served over Tater
Tots), Shredded Cheddar
Cheese, Salsa, Sour Cream
Fresh Fruit or Fruit Cup

McDonald's Copy Cat **22**
Crispy *Chicken Snack *Wrap
w- shredded Lettuce
Steamed Broccoli
Fresh Fruit or Fruit Cup

Grilled Chicken Breast **23**
On a Kaiser *Roll
Leaf Lettuce & Sliced Tomato
Oven Fries, Pickles
Fresh Fruit or Fruit Cup

Oven Baked Breaded **24**
Mozzarella *Sticks
w- Marinara Sauce
Diced Carrots
Fresh Fruit or Fruit Cup

Scrambled Eggs **27**
*Pancakes w- Syrup
Brown and Serve Sausage
100% Veggie Juice
Warm Cinnamon Apples

Ham & Cheese on a **28**
*Croissant
Cheez It Snack *Crackers
Green Leaf Garden Salad
Fresh Fruit or Fruit Cup

Home Made Hamburger **29**
Helper
Cheeseburger *Macaroni
Zucchini Squash
Dinner *Roll
Fresh Fruit or Fruit Cup

Chicken Deluxe *Sandwich **30**
Sweet Potato Fries
w- Lettuce, Tomato & Onion
Fresh Fruit or Fruit Cup

4 X 6 Cheese or Pepperoni **31**
Pizza
Green Leaf Side Salad
French Fries
Fresh Fruit or Fruit Cup



HAPPY HALLOWEEN!

Questions? Call (413) 267-4158 Tracy Blanchard – Food Service Director or email blanchardt@monsonschools.com

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