



GLENS FALLS
CITY SCHOOL DISTRICT

*Indicates items that contain Pork

October 2026

Fresh from New York Dairy Farms! Choose Your Favorite Milk:

2% White

1% Strawberry

Fat-Free Chocolate

Lactose-Free White

Lactose-Free Chocolate

Every carton proudly supports New York dairy farmers!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Offered Daily at breakfast Whole grain pastries and muffins Variety Cereals and pop tarts Fresh Fruit 100% Juice	Offered Daily at Lunch Whole grain Bagel Pak 4oz yogurt, 1oz cheese stick and cream cheese. Garden vegetable salad with grilled chicken Cheese Nacho Bento Whole grain tortilla chips, cheddar cheese sauce, and salsa	Offered Daily at Lunch Ham Or Turkey deli sandwich For questions about the menu, dietary, or Allergy concerns. Please contact: Kerri Sanders ksanders@gfsd.org	Egg & cheese on a whole grain bagel 1 Brunch for Lunch Whole grain French toast sticks Chicken Sausages Or Chicken nuggets w/whole grain roll Hashbrowns Watermelon Slice	Whole grain French Toast 2 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Garden Side Salad Peas Diced Pineapple
Egg, cheese & ham* Taco 5 Fish Patty Sandwich On a whole grain bun Or Chicken nuggets w/whole grain roll Potato Smile Fries Roasted butternut squash Diced cantaloupe	Whole grain French toast 6 Turkey Nachos With whole grain chips Or Chicken nuggets w/whole grain roll Seasoned Black beans Corn Diced Peaches	Strawberry pancake puffs 7 Pizza Max Sticks Marinara dipping sauce Or Chicken nuggets w/whole grain roll Sliced cucumbers Green beans Diced pears	Pancake wrapped sausage 8 Chicken meatball sub On a whole grain roll Or Chicken nuggets w/whole grain roll Tater tots Broccoli w/ Ranch Mandarin oranges	Chicken Sausage & cheese on whole grain English muffins 9 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Caesar Side Salad Glazed Carrots Strawberries
No School! 12 Columbus Day Indigenous Peoples' Day	Whole grain French Toast sticks 13 Brunch for lunch Whole grain waffles Or Chicken nuggets w/whole grain roll Tater tots Red pepper strips Diced Peaches	Cheese Omelet 14 Breaded Mozzarella cheese sticks With marinara dipping sauce Or Chicken nuggets w/whole grain roll Sweet potato wedges Sliced cucumbers Diced Pineapple	Whole grain donut holes 15 <i>Limited Time Recipe!</i> <i>Southwestern Crunch Burger</i> On a whole grain bun Or Chicken nuggets w/whole grain roll Refried beans Corn Diced pears	Whole grain waffles 16 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Spinach Side Salad Broccoli & cheese sauce Blueberries
Whole grain Pancake 19 Whole grain soft pretzel meal Yogurt cup Or Chicken nuggets w/whole grain roll Buttered peas Celery Sticks Strawberry applesauce cup	Whole grain Waffle 20 Whole grain Bosco sticks Or Chicken nuggets w/whole grain roll Roasted Zucchini Steamed Carrots Diced peaches	Ham* & Cheese on a Toasted whole grain bagel 21 Turkey Hot dog On a whole grain bun Or Chicken nuggets w/whole grain roll Baked beans Coleslaw Mandarin Oranges	Whole grain French Toast sticks 22 Grilled Cheese Sandwich On whole grain bread Or Chicken nuggets w/whole grain roll Tomato Soup Red Pepper strips Diced Honeydew melon	Whole grain Bosco stick 23 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Garden Side Salad Cauliflower with ranch Dice pears
Pancake wrapped sausage 26 Oven Fried Chicken Or Chicken nuggets w/whole grain roll Baked Beans Mashed yams Diced Pineapple	Whole grain Waffles 27 Brunch for lunch Whole grain French toast sticks Chicken sausage Or Chicken nuggets w/whole grain roll Hashbrowns Green Pepper strips Applesauce cup	Strawberry Banana smoothie Graham crackers 28 Beef Burger/cheeseburger On a whole grain bun Or Chicken nuggets w/whole grain roll Pickle spears Celery sticks Diced Peaches	Whole grain French toast sticks 29 Chicken alfredo Whole grain pasta Or Chicken nuggets w/whole grain roll Roasted broccoli Peas Mandarin oranges	Whole grain Pancakes 30 Cheese/Pepperoni* Pizza On a whole grain crust Or Chicken nuggets w/ whole grain roll Caesar Side Salad Green Beans Blueberries