

# October 2025

## Fox C-6 Elementary Breakfast & Lunch Menu

### Monday

#### Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

No School Today

### Tuesday

Long John

-  
Cheeseburger OR  
Hamburger  
Oven Baked French Fries  
Chilled Fruit  
Choice of Cold Milk

### Wednesday

Yogurt Parfait w/  
Granola

-  
Chicken Nuggets  
Cheesy Broccoli  
Chilled Fruit  
Choice of Cold Milk

### Thursday

Bacon Breakfast  
Pizza

-  
French Toast Sticks  
Sausage Patty  
Tater Tots  
Chilled Fruit  
Choice of Cold Milk

### Friday

Emoji Waffle

-  
Personal Pan Pizza  
Seasoned Green Beans  
Chilled Fruit  
Choice of Cold Milk

### Menu Notes

Menu is subject to change.

#### Breakfast Includes:

- Choice of entrée
- ½ cup of fruit
- 4oz 100% juice
- Choice of Cold Milk

#### Daily Alt. Breakfast Choices

- Bagel & Cream Cheese
- Assorted Cereal
- Tuesday/Thursday:  
Pop-Tart Variety

#### Lunch Includes:

- Choice of Entrée
- ½ cup fruit
- ½ cup hot vegetable,  
Garden Salad, or  
Veggie Boat
- Choice of Cold Milk

#### Daily Alt. Lunch Choices

Mon: Yogurt & Mini French  
Toast  
Tues: Grilled Cheese Sandwich  
Wed: Pizza Fast Pack  
Thur: Grilled Cheese Sandwich  
Fri: Turkey & Cheese Fast Pack

Come along as we travel across  
the globe and Taste The World  
for National School Lunch  
Week(NSLW),  
October 13<sup>th</sup>-17<sup>th</sup>!

This institution is an equal  
opportunity provider.

Buttermilk Pancakes

**NSLW- Italy**  
Spaghetti & Meatballs  
Seasoned Broccoli  
Chilled Fruit  
Choice of Cold Milk

Breakfast Burrito

**NSLW- Mexico**  
Chicken Crispito  
Cheesy Refried Beans  
Chilled Fruit  
Choice of Cold Milk

Pancake on a Stick

**NSLW- France**  
Chicken Cordon Bleu  
Sandwich  
Power Packed Peas  
Chilled Fruit  
Choice of Cold Milk

Egg Bites & Biscuit

**NSLW-Japan**  
Sweet & Sour Chicken  
Ramen Noodles  
Golden Sweet Corn  
Chilled Fruit  
Choice of Cold Milk

Dutch Waffle

**NSLW- England**  
Fish & Chips  
Chilled Fruit  
Choice of Cold Milk

Sausage, Egg & Cheese  
Biscuit

-  
Chicken Sandwich  
Clever Carrots  
Chilled Fruit  
Choice of Cold Milk

Cinnamon Sugar  
Donuts

-  
Beef Soft Taco  
Cheesy Refried Beans  
Chilled Fruit  
Choice of Cold Milk

**Berry-licious**  
Overnight Oats

-  
Pizza Hut!  
Seasoned Green Beans  
Chilled Fruit  
Choice of Cold Milk

Cinnamon Roll

-  
Mostaccioli  
Warm Garlic Bread  
Rockin' Broccoli  
Chilled Fruit  
Choice of Cold Milk

Country Scramble &  
Biscuit

-  
BBQ Pulled Pork  
Golden Sweet Corn  
Chilled Fruit  
Choice of Cold Milk

Mini Donut Variety

-  
Crispy Chicken Drumstick  
Warm Garlic Bread  
Rockin' Broccoli  
Chilled Fruit  
Choice of Cold Milk

Breakfast Bowl

-  
Beef Hot Dog  
BBQ Baked Beans  
Chilled Fruit  
Choice of Cold Milk

Yogurt Parfait w/  
Granola

-  
Pizza Cheese Crunchers  
Golden Sweet Corn  
Chilled Fruit  
Choice of Cold Milk

Breakfast Pizza

-  
Chicken Nuggets  
Warm Biscuit  
Clever Carrots  
Chilled Fruit  
Choice of Cold Milk

Eggo Waffles &  
Sausage

-  
**Jack-O-Lantern Pretzel &  
Cheese**  
Seasoned Green Beans  
Chilled Fruit  
Choice of Cold Milk