

# Menus

**School:** Virginia Junior High School  
**Meal:** All  
**Month:** October 2025

**Academic Year:** 2025-26

| October                                                                                                                                                                           |                                                                                                                                                                                                                           |                                                                                                                                                                                                              |                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                              |
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| M                                                                                                                                                                                 | Tu                                                                                                                                                                                                                        | W                                                                                                                                                                                                            | Th                                                                                                                                                                                                                                                       | F                                                                                                                                                                                                                            |
| 29<br><b>Breakfast:</b><br>Breakfast Burrito<br>Fresh Fruit<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Italian Sub<br>Pasta Salad<br>Carrots<br>Apricots/Oranges<br>Milk | 30<br><b>Breakfast:</b><br>Apple Strudel<br>Apple Slices<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>BBQ Pulled Pork<br>Baked Beans<br>Cole Slaw<br>Pineapple/Grapes<br>Milk                  | 1<br><b>Breakfast:</b><br>Pumpkin Bread<br>Cheese Stick<br>Pears<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Redbird Bowl (popcorn chicken, mashed potatoes, gravy corn)<br>Biscuit<br>Pears<br>Milk | 2<br><b>Breakfast:</b><br>Donut Holes<br>Apple Slices<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Orange Chicken<br>Fried Rice<br>Carrots<br>Apple Slices<br>Fortune Cookie<br>Milk<br>Ala Carte: Hot Dog                    | 3<br><b>Breakfast:</b><br>Breakfast Pizza<br>Mixed Fruit<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Bosco Sticks<br>Salad<br>Corn<br>Mixed Fruit<br>Milk                                                            |
| 6<br><b>Breakfast:</b><br>Cook's Choice<br>Pineapple<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Philly Cheese Steak<br>Fries<br>Green Beans<br>Pineapple<br>Milk         | 7<br><b>Breakfast:</b><br>Biscuits and Gravy<br>Mixed Fruit<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Hot Ham and Cheese<br>Chips<br>Peas<br>Fruit Cup<br>Milk                              | 8<br><b>Breakfast:</b><br>Chocolate Chip French Toast<br>Yogurt<br>Oranges<br>100 Apple Juice<br>Milk<br><br><b>Lunch:</b><br>BBQ Pork Nacho's<br>Mix Vegetables<br>Oranges<br>Milk                          | 9<br><b>Breakfast:</b><br>Cereal Bar<br>String Cheese<br>Applesauce<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Chicken and Noodles<br>Mashed Potatoes and Gravy<br>Corn<br>Applesauce<br>Milk<br>Ala Carte: Chicken Nuggets | 10<br><b>Breakfast:</b><br>Cereal<br>Yogurt<br>Peaches<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Pizza<br>Carrots<br>Peaches<br>Milk<br>OR<br>Salad Bar                                                            |
| 13                                                                                                                                                                                | 14<br><b>Breakfast:</b><br>Cinnamon Roll<br>Craisins<br>Strawberries<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>BBQ Pulled Chicken Sandwich<br>Potato Salad<br>Baked Beans<br>Apples<br>Milk | 15<br><b>Breakfast:</b><br>Waffle/Syrup<br>Applesauce<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Hamburger on Bun<br>Potato Wedges<br>Candied Carrots<br>Pears<br>Milk                              | 16<br><b>Breakfast:</b><br>Pop-tart<br>Pineapple<br>100% Apple Juice<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Lasagna<br>Garlic Bread<br>Cottage Cheese<br>Pineapple<br>Milk<br>Ala Carte: Corn Dog                                                   | 17<br><b>Breakfast:</b><br>Scrambled Eggs/Bacon/Toast<br>Peaches<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Turkey Sub<br>Potato Smiles<br>Peaches<br>Milk<br>OR<br>Salad Bar                                       |
| 20<br><b>Breakfast:</b><br>Baked Oatmeal<br>Yogurt<br>100% Grape Juice<br>Milk<br><br><b>Lunch:</b><br>Hamburger Macaroni<br>Peas<br>Mixed Fruit<br>Milk                          | 21<br><b>Breakfast:</b><br>French Toast Sticks<br>Pineapple<br>100% Grape Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Tenderloin<br>Hashbrowns<br>Green Beans<br>Oranges<br>Milk                            | 22<br><b>Breakfast:</b><br>Sausage/Cheese Biscuit<br>Pears<br>100% Grape Juice<br>Milk<br><br><b>Lunch:</b><br>Chicken Patty<br>Tator Tots<br>Cauliflower W/Cheese<br>Blueberries<br>Milk                    | 23<br><b>Breakfast:</b><br>Cereal<br>String Cheese<br>Applesauce<br>100% Grape Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Popcorn Shrimp<br>Waffle Fries<br>Mac N Cheese<br>Applesauce<br>Milk<br>Ala Carte: Cheeseburger                 | 24                                                                                                                                                                                                                           |
| 27<br><b>Breakfast:</b><br>Breakfast Pizza Bagel<br>Peaches<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Maidrites<br>Chips<br>Corn<br>Strawberries<br>Milk                | 28<br><b>Breakfast:</b><br>Mini Donuts<br>Oranges<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt Bar<br><br><b>Lunch:</b><br>Chicken Nuggets<br>Mashed Potatoes<br>Gravy<br>Roll<br>Green Beans<br>Oranges<br>Milk           | 29<br><b>Breakfast:</b><br>Blueberry Bread<br>Yogurt<br>Pineapple<br>100% Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Walking Taco's (meat & Cheese)<br>Refried Beans<br>Corn<br>Applesauce<br>Milk          | 30<br><b>Breakfast:</b><br>Pancakes/Bacon<br>Peaches<br>100% Apple Juice<br>Milk<br>OR<br>Yogurt<br><br><b>Lunch:</b><br>Chili<br>Grilled Cheese<br>Crackers<br>Peaches<br>Milk<br>Ala Carte: Pizza                                                      | 31<br><b>Breakfast:</b><br>Cereal<br>String Cheese<br>Grapes<br>100 Apple Juice<br>Milk<br><br><b>Lunch:</b><br>Mummy Fingers (mini Corn Dogs)<br>Pretzels<br>Frog Warts (peas)<br>Eyeballs (grapes)<br>Spooky Treat<br>Milk |