

Edison, Graham, Schweitzer, Walker, & Wildwood Elementary Schools

Each month, students will have the opportunity to try different fruits and vegetables through the FFVP. Check out the delicious selections featured on our October menu!



OCTOBER 2026

Menu's are subject to change

Vegetarian entrées are written in green

All salads can be made vegetarian

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exciting Dates This Month: NSLW: 10/12 – 10/16 - Halloween Fun: 10/26 – 10/30: We will be featuring Bat Shaped Chicken Nuggets, Pumpkin Shaped Cheez-its and a Special Pumpkin Shaped Sugar Cookie, Apple Slices w/ Carmel Dip				
Breakfast Bread w/ Apple Slices 5 A. Bosco Sticks w/ Sauce B. Popcorn Chicken C. Pretzel, Yogurt & Cheese Pack Crinkle Cut Fries	Strawberry Cream Cheese Bagel w/ 100% Fruit Juice 6 A. Walking Tacos w/ Doritos B. Bean & Cheese Burrito C. Pretzel, Yogurt & Cheese Pack Corn	Cinnamon Toast Crunch Cereal Bar w/ Cheese Cubes & Applesauce 7 A. Chicken Nuggets & Goldfish B. Cheese Pizzadilla C. Pretzel, Yogurt & Cheese Pack Green Beans	Apple Frudel w/ a Banana 1 A. Domino's Pepperoni Pizza B. Domino's Cheese Pizza C. Veggie Chef Salad w/ Cheez-its Side Salad	Tiger Bite w/ String Cheese & Sour Blue Raspberry Raisins 2 A. Breaded Ravioli w/ a Roll B. Spicy Chicken Patty Sandwich C. Veggie Chef Salad w/ Cheez-its 100% Fruit Juice
Apple Nutri-grain Bar w/ Apple Slices 12 A. Lion Tamer's Crispy Chicken Drumstick B. Big Top Cheesy Melt C. Tightrope Turkey Wrap Carnival Cloud Mashed Potatoes	Oatmeal Cinnamon Round w/ 100% Fruit Juice 13 A. Acrobat's Cheese Bread B. Under the Big Top Chicken Alfredo w/ a Roll C. Tightrope Turkey & Cheese Wrap Shooting Star Sweet Peas	Cinnamon Breakfast Bun w/ Applesauce 14 A. Trapeze French Toast Bites w/ Yogurt B. Cannon Ball Taco Stick C. Tightrope Turkey Wrap Fz Mixed Berry Fruit cup	WG Muffin w/ a Banana 8 A. Domino's Pepperoni Pizza B. Domino's Cheese Pizza C. Pretzel, Yogurt & Cheese Pack Side Salad	Mini Maple Pancakes w/ Sour Blue Raspberry Raisins 9 A. Mac & Cheese Bites w/ Pretzel Rod B. Hot Dog C. Pretzel, Yogurt & Cheese Pack Potato Wedges
Oatmeal Chocolate Chip Round w/ Apple Slices 19 A. Pepperoni Calzone B. Top your own yogurt C. Muffin, String Cheese & Yogurt Pack Green Beans	French Toast Benefit Bar w/ 100% Fruit Juice 20 A. Soft Taco B. Deep dish pizza C. Muffin, String Cheese & Yogurt Pack Diced Carrots	Whole Grain Powder Sugar Donuts w/ Applesauce 21 A. Crispy Chicken Sandwich B. Mini Corn Dogs C. Muffin, String Cheese & Yogurt Pack Strawberry cup	Scooby Snacks w/ String Cheese & a Banana 15 A. Domino's Pepperoni Pizza B. Domino's Cheese Pizza C. Tightrope Turkey & Cheese Wrap Side Salad	Crunchmania w/ Yogurt & Sour Blue Raspberry Raisins 16 A. Center Ring Chicken Patty Sandwich B. Clown Parade Confetti Pancakes w/ Yogurt C. Tightrope Turkey Wrap Juggler's Emoji Circles
Cinnamon Toast Crunch Pastry w/ Apple Slices 26 A. Mac & Cheese w/ a Garlic Knot B. Taco crisp C. Apple Slices, Cheese Cubes & Cheez-its Pack Corn	Whole Grain Strawberry Pop-tart w/ 100% Fruit Juice 27 A. Bat Nuggets w/ a Ghostly Roll B. Orange Chicken w/ Rice C. Apple Slices, Cheese Cubes & Cheez-its Pack Sweet Potato Fries	Whole Grain Muffin w/ String Cheese & Applesauce 28 A. Pancake on a stick B. Rotini Pasta in Meat Sauce w/ a Breadstick C. Apple Slices, Cheese Cubes & Cheez-it Pack Dragon Fruit Punch	Animal Crackers w/ Cheese Cubes & a Banana 22 A. Dominos Pepperoni Pizza B. Domino's Cheese Pizza C. Muffin, String Cheese & Yogurt Pack Side Salad	Dannon Yogurt w/ Vanilla Goldfish & Sour Blue Raspberry Raisins 23 A. Fiestada Pizza B. Sausage, Egg & cheese biscuit C. Muffin, String Cheese & Yogurt Twister fries
Blueberry Nutri-grain Bar w/ a Banana 29 A. Dominos Pepperoni Pizza B. Domino's Cheese Pizza C. Apple Slices, Cheese Cubes & Cheez-it Pack Side Salad	Bug Bite Crackers w/ Yogurt & Sour Blue Raspberry Raisins 30 Half Day of School			

PASTA SAUCE, PLEASE!

DIVE INTO HEARTY WHOLE WHEAT PASTA

Whole wheat pasta provides fiber, protein, and essential minerals like magnesium, iron, and zinc. It's good for your heart, helps with digestion, aids in weight management, and helps regulate blood sugar levels. Best of all, whole wheat pasta tastes great!

HEALTHY WHOLE WHEAT CARBONARA

INGREDIENTS:

- 8 ounces whole-wheat spaghetti
- 1 tablespoon olive oil
- 4 slices turkey bacon
- 5 cloves garlic
- 1 cup green peas, frozen
- 4 large eggs
- ½ cup Parmesan cheese, grated
- 2 tablespoons water

*DO NOT chop or cook without adult supervision.

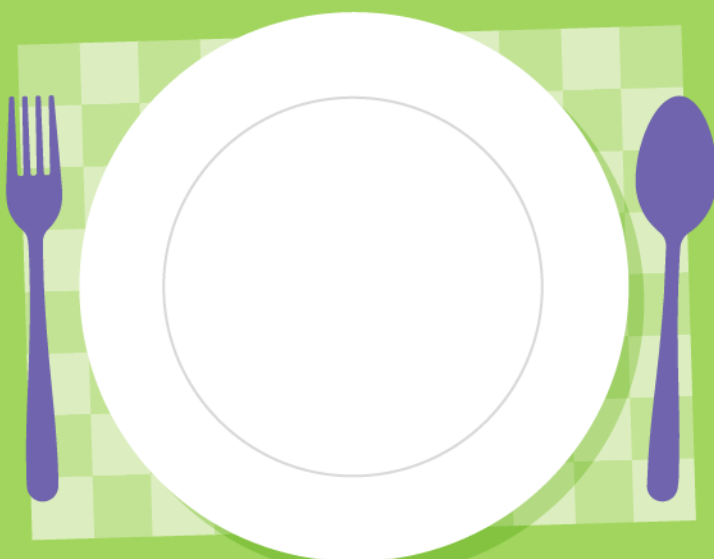
INSTRUCTIONS:

1. Boil noodles according to package directions (set aside 2 tablespoons of pasta water)
2. Slice bacon into strips and saute in a skillet over medium-high heat. Add minced garlic and peas and cook for a few minutes.
3. Whisk eggs, parmesan, and 2 tablespoons of pasta water in a small bowl. Add noodles and egg-parmesan mixture to the skillet and toss to coat.
4. Cook for 5 minutes. Serve with extra parmesan on top and salt and pepper to taste.

NOODLE TIME!

DRAW YOUR DREAM PASTA MEAL BELOW!

Hungry? Draw your favorite whole grain pasta meal in the space below. Don't forget to include sides!



aramark
STUDENT
NUTRITION



PASTA? OR PRETENDER?

WILL THE REAL PASTA PLEASE STAND UP

CONCEPT: Identifying healthy pasta choices in many forms

HOW TO PLAY:

- Show a food picture or say a food name.
- Kids shout "PASTA!" or "PRETENDER!"

EXAMPLES:

- Whole-grain spaghetti → PASTA!
- Jelly donut → PRETENDER!
- Chickpea pasta → PASTA!
- Sourdough bread → PRETENDER!

DISCUSSION:

- Explain what whole grain pasta can do for your body

PASTA RIDDLES FOR KIDS

1. I'm healthier than refined pasta. *What am I?*
Answer: Whole Grain Pasta
2. I'm shaped like something you wear around your neck. *What am I?*
Answer: Bow Tie Pasta
3. I'm made from a bean and provide protein. *What am I?*
Answer: Chickpea Pasta

Q:

What do you call fake spaghetti?

A: An IMPASTA!

Q:

Why was the lasagna undercooked?

A: The chef ran out of thyme!

Q:

Where does pasta go to dance?

A: The meat ball!

Q:

What is the least expensive pasta?

A: Penne!

FRESH
FUNNIES

