

OCTOBER 2026

Riceville Community School District

Breakfast and Lunch

All meals are served with the choice of Fat Free white or chocolate & 1% white Milk. All students are offered fresh fruit and salad bar daily. Cereal is served as an alternative option to main breakfast item. All menu items are subject to change. Fresh fruit and vegetable based on availability.

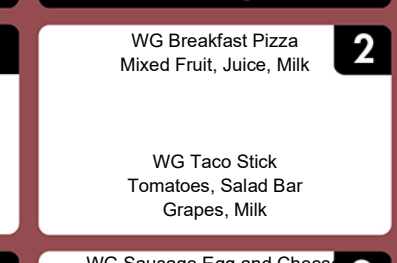
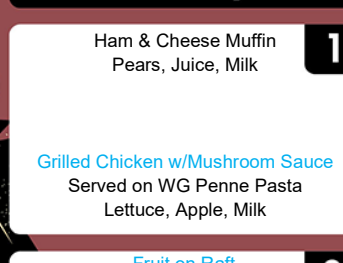
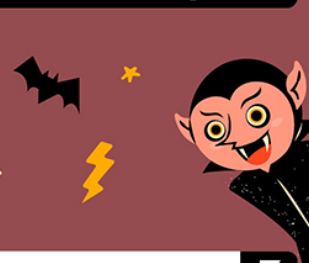
Monday

Tuesday

Wednesday

Thursday

Friday



WG Breakfast Bagel
Applesauce, Juice, Milk

5

Hashbrown Stacker
WG Toast
Blueberries, Juice, Milk

6

WG French Toast
Peaches, Juice, Milk

7

Ham & Cheese Muffin
Pears, Juice, Milk

1

WG Breakfast Pizza
Mixed Fruit, Juice, Milk

2

Grilled Chicken w/Mushroom Sauce
Served on WG Penne Pasta
Lettuce, Apple, Milk

WG Taco Stick
Tomatoes, Salad Bar
Grapes, Milk

Chicken Ramen (Taste Test)
WG Noodles, Corn
Pears, Milk

WG Homemade Beef Crispito's,
WG Rice
Guacamole, Refried Beans
Banana, Milk

Ham or Turkey Sub
WG Sub Roll & WG Chips
Romaine, Tomato, Grapes, Milk

Fruit on Raft
Sausage Link
Apple Compote, Juice, Milk

8

WG Sausage Egg and Cheese
Empanada
Pineapple, Juice, Milk

9

WG Chicken Sliders
Tri Taters, Carrot & Celery Sticks
Orange, Milk

WG Chicken Cheese Waffle
Pineapple, Juice, Milk

12

WG Uncrustable
Peaches, Juice, Milk

13

NO
SCHOOL
TEACHER
PD DAY

14

WG Pancakes w/syrup,
Sausage, Pears, Juice, Milk

15

WG Donuts
Applesauce, Juice, Milk

16

Hamburger or Cheeseburger
WG Bun, Pickles, WG Pasta Salad
Orange, Milk

National School Lunch Week Circus Theme

Beef Walking Tacos
WG Doritos or Tostitos
Cheese, Romaine, Tomatoes
Grapes, Milk

WG Corn Dogs
Chili Cheese Fries
Cantaloupe, Milk

WG Pizza
Pepperoni or Cheese Pizza
Corn, Apples
End of 1st Quarter

WG Strawberry Bagel Bites
Applesauce, Juice, Milk

19

Mixed Fruit Smoothies
WG Toast
Mixed berries, Juice, Milk

20

WG Maple Waffles
Pears, Juice, Milk

21

Wild blueberry
Overnight Oats
Juice, Milk

22

WG Breakfast Burrito
Peaches, Juice, Milk

23

WG Weiner Winks
WG Chips, Cowboy Beans
Apple, Milk

WG Beef or Chicken Enchiladas
Tomatoes,
Oranges, Milk

Sloppy Joes
WG Bun, Coleslaw
Cantaloupe, Milk

WG Rattlesnake Pasta
WG Pretzel Knots
Broccoli
Grapes, Milk

Homemade Pro-start BBQ Sauce
Traditional or Boneless Wings
Choice of sauce, WG Banana Bread
Carrots, Celery, Applesauce, Milk

WG Trix Muffins
Applesauce, Juice, Milk

26

WG Breakfast Sandwich
Mixed Fruit, Juice, Milk

27

NO
SCHOOL
TEACHER
PD DAY

28

Hot Chocolate Muffins
Yogurt
Strawberries, Juice, Milk

29

NO
SCHOOL

30

WG Chicken Sandwich
WG Bun & Chips
Pea Salad, Apple,
Milk

Tacos
WG Hard and Soft Shell
Shredded Cheese, Romaine
Tomatoes, Orange, Milk
Parent Teacher Conferences

WG Cinnamon Rolls
Chili, Frazils
Pumpkin Mousse Dessert
Parent Teacher Conferences

Featuring meals chosen and made by
our very own Pro-Start Students