

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct 1 Cheese Stuffed Sticks, Carrots Salad CHOICE OF VEGETABLE Marinara Sauce Cup FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 2 Chicken, Patty Sandwich Carrots Lettuce & Tomato CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid
Oct 5 Cooks Choice Carrots CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 6 Taquitos Carrots Beans, Pinto CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 7 BBQ Turkey Sandwich Carrots Potato Salad CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 8 Chicken, Mandarin Orange Carrots Broccoli, Fresh Rice FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 9 Taco Nada, Turkey Taco Pocket CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid
Oct 12 Chimichanga Carrots Salad CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 13 Beef, Hamburger Carrots French Fries FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 14 Pizza, Pepperoni Sandwich Carrots Salad CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 15 Pasta with Meatballs Carrots Salad CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 16 Corn Dog Carrots French Fries FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid
Oct 19 Burrito, Bean & Cheese Carrots Mexican Corn CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 20 BBQ Beef Rib Sandwich Pork, BBQ Rib Sandwich Carrots Macaroni Salad FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 21 Pretzel & Nacho Cheese Carrots CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 22 Chicken, Posole Soup Carrots, CHOICE OF VEGETABLE Tortilla Chips FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 23 Grilled Cheese Sandwich Carrots Chips CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid
Oct 26 Beef, Cheeseburger Sliders Carrots Lettuce & Tomato French Fries FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 27 Chicken Dumplings & Noodles Carrots Stir Fry FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 28 Cooks Choice Carrots CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 29 Pupusas Carrots Beans Lettuce & Tomato FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid	Oct 30 Chicken, Nuggets Carrots Tater Tots CHOICE OF VEGETABLE FRUIT Choice X 2 CHOICE OF MILK Milk, Substitute, Lactaid

El Tejon Unified School District

Lunch Menu K-12 MENU SUBJECT TO CHANGE

October

2026

