

This institution is an equal opportunity provider

Menu Name :Great Oaks Academy Upper Campus October 2026 Allergen Lunch						
Grade Level / Age Group : 5th-8th Grades: No Dairy, No Gluten, No Eggs, No Soy, No Fish, No Shell Fish, No Seafood, No Peanuts, No Tree Nuts No Sulfonamides seeds of			Meal Pattern : NSLP		Meal: Lunch	
Menu subject to change without notice due to substitutions or weather****						
Lunch				Thursday, October 01, 2026	Friday, October 02, 2026	Week I
				Chicken Pilaf	Beef & Potatoes	
				Crisp Broccoli	Steamed Rice	
				Choice of Milk at Checkout	Steamed Peas	
				Fruit of the day	Fruit of the day	
					Choice of Milk	
Lunch	Monday, October 05, 2026	Tuesday, October 06, 2026	Wednesday, October 07, 2026	Thursday, October 08, 2026	Friday, October 09, 2026	Week II
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/ Rice	Beef Meatballs	Chicken & Potatoes	
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the day	Steamed Corn	Served with Brown Rice	Steamed Carrots & Peas	Fresh Carrot Slims	
	Choice of Milk	Fruit of the day	Black Beans	Fruit of the day	Fruit of the day	
	Choice of Milk	Fruit of the day		Choice of Milk		
Lunch	Monday, October 12, 2026	Tuesday, October 13, 2026	Wednesday, October 14, 2026	Thursday, October 15, 2026	Friday, October 16, 2026	Week III
	Yummy Beef & Scallion	Chicken Sukkhar	NO SCHOOL	NO SCHOOL	NO SCHOOL	
	Golden Corn Chips	Steamed Rice				
	Black Beans & Fresh Carrots	Steamed Green Beans				
	Fruit of the day	Fruit of the day				
Choice of Milk	Choice of Milk					
Lunch	Monday, October 19, 2026	Tuesday, October 20, 2026	Wednesday, October 21, 2026	Thursday, October 22, 2026	Friday, October 23, 2026	Week IV
	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	
	Steamed Rice	Taco Beef	Brown Rice	Crisp Broccoli	Steamed Rice	
	Steamed Green Beans	Golden Corn Chips	Fresh Baby Carrots	Choice of Milk at Checkout	Steamed Peas	
	Fruit of the day	Black Beans & Corn	Fruit of the day	Fruit of the day	Fruit of the day	
Choice of Milk		Choice of Milk		Choice of Milk		
Lunch	Monday, October 26, 2026	Tuesday, October 27, 2026	Wednesday, October 28, 2026	Thursday, October 29, 2026	Friday, October 30, 2026	Week V
	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/ Rice	Beef Meatballs	Chicken & Potatoes	
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice	
	Fruit of the day	Steamed corn	Served with Brown Rice	Steamed Carrots & Peas	Fresh Carrot Slims	
	Choice of Milk	Fruit of the day	Black Beans	Fruit of the day	Fruit of the day	
	Choice of Milk	Fruit of the day		Choice of Milk		