

Menus for October 2026



FOXBOROUGH BIT ELEMENTARY

This institution is an equal opportunity provider.

Monday, October 5

Breakfast

Whole Grain Strawberry Poptart

Entrée Choices

Popcorn Chicken & Dinner Roll

Vegan Nuggets & Roll

Stuffed Crust Pizza

Soft Pretzel & Yogurt

Served with

Fresh Fruit & Veggie Bar
Carrot Sticks
Mashed Potatoes
Ice Cold Milk

Tuesday, October 6

Breakfast

Cinnamon Roll

Entrée Choices

Beef Nachos

Grilled Cheese Sandwich

Yogurt & Blueberry Muffin

Served with

Fresh Fruit & Veggie Bar
Steamed Rice
Golden Corn
Ice Cold Milk

Wed, October 7

Breakfast

Benefit Bar

Entrée Choices

Pasta & Meatballs

Pasta & Marinara

Chicken Caesar Salad

Bagel Lunch

Bagel, cream cheese & D'animal Yogurt

Served with

Fresh Fruit & Veggie Bar
Sweet Spinach Salad
Ice Cold Milk
Fresh Baked Cookie

Thursday, October 8

Breakfast

Cinnamon Crumb Cake

Entrée Choices

School Baked Pizza

Hummus Fun Lunch
hummus, crackers, cheese stick & carrots

Sunbutter & Jelly w/
String Cheese

Served with

Fresh Fruit & Veggie Bar
Marinated Chic Peas
Ice Cold Milk
Frozen Juice Cup

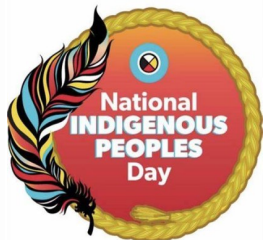
Friday, October 9

Teachers' Professional Day



No School

Monday, October 12



No School

Tuesday, October 13

Breakfast

Whole Grain Cinnamon Donut

Entrée Choices

Chicken Parm Sandwich

Hamburger,
Cheeseburger or Vegan Patty

Wheat Cracker Power Pack
Wheat crackers, cheese stick,
yogurt, & baby carrots

Served with
Fresh Fruit & Veggie Bar
Steamed Broccoli
Ice Cold Milk
Mini Rice Krispy Treat

Wed, October 14

Breakfast

Benefit Bar

Entrée Choices

Pasta & Meat Sauce or
Pasta Marinara & String Cheese

Strawberry Smoothie &
Cereal Bar

Pizza Power Pack
Flatbreads, sauce, cheese,
pepperoni, fruit
Served with
Fresh Fruit & Veggie Bar
Garlic Green Beans
Texas Toast
Ice Cold Milk

Thursday, October 15

Breakfast

Honey Wheat Breakfast Stick

Entrée Choices

Chicken Patty Sandwich

Vegan Patty Sandwich

Chicken Caesar Salad

Bagel Lunch
Bagel, cream cheese &
D'animal Yogurt

Served with
Fresh Fruit & Veggie Bar
Tater Tots
Ice Cold Milk

Friday, October 16

Breakfast

Blueberry Muffin

Entrée Choices

School Baked Pizza

Wheat Cracker Lunch
Wheat crackers, cheese stick,
yogurt, & baby carrots

Sunbutter & Jelly w/
String Cheese

Served with
Fresh Fruit & Veggie Bar
Red Pepper Strips
Ice Cold Milk
Roasted Chic Peas
Goldfish Crackers



**World
Smile
Day
Friday, Oct 2nd!**

Be kind & make someone smile!

Menu Subject To Change
Questions, comments or concerns,
Call Food Service Director
Janice Watt
wattj@foxborough.k12.ma.us
508-543-1656

PRICES:

All students are eligible for (1) free breakfast
& (1) lunch per day.

Extra entrée servings are 2.50 each

Milk is included with lunch & breakfast

If you child wants milk only, the cost is .50 per carton.

We are unable to give milk away for free

Nutrition info available at:
myschoolmenus.com

A.M. BREAKFAST SNACK BAGS

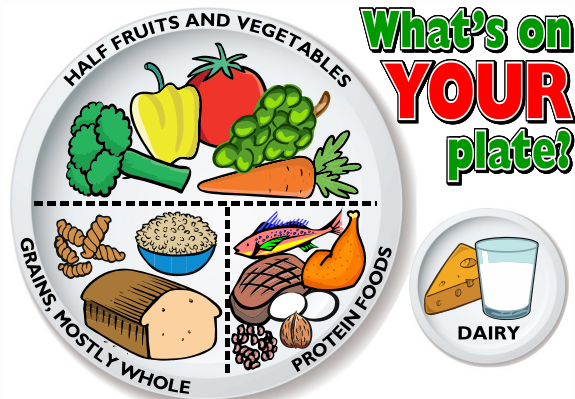
**Conveniently delivered to classrooms
each morning!**

Featuring all whole grain cereal bars &
muffins, pastries, served with
juice, milk and fruit

Eat it at breakfast time.

Eat it at snack time.

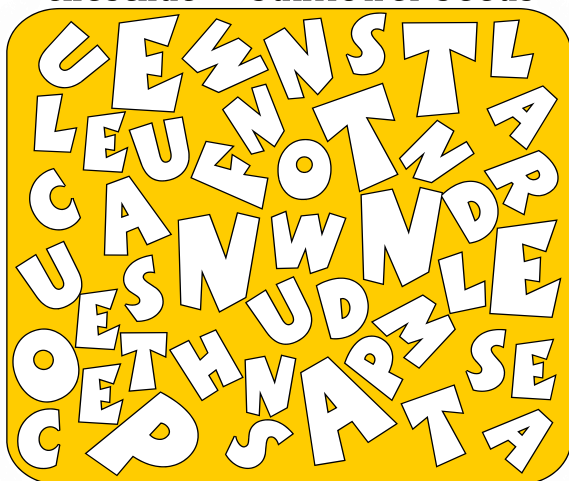
No cost to all students! Please pre-order:
family.onlineordering.linq.com



What food isn't so nutty after all?

Nuts and seeds are an incredible snack, full of protein, fiber, and great taste! But one popular treat that you might think belongs with the nuts on this list isn't really a nut at all. To discover the answer, find and color all of the letters in each word on the list, and then unscramble the leftover letters to learn the name of the nutty food that's not really a nut!

Walnut Pecan Almond
Chestnut Sunflower Seeds



ANSWER: _____

These "nuts" are actually a "legume" or type of bean. They contain more protein than true nuts, plus lots of vitamins, minerals, and fiber. So whatever you call them, go ahead and go nuts!

Learn more at www.MYPLATE.gov or <https://kidshealth.org/en/kids/nutrition/food/>

Monday, October 19

Breakfast

Zee Zee Bar

Entrée Choices

Popcorn Chicken & Roll

Vegan Nuggets & Roll

Grilled Cheese Sandwich

Sunbutter & Jelly
Sandwich w/ string
cheese

Served with
Veggie Sticks & Dip
Fresh Fruit & Veggie Bar
Ice Cold Milk
Fritos Corn Chips

Tuesday, October 20

Breakfast

Cinnamon Roll

Entrée Choices
Mandarin Orange
Chicken

Falafel & Pita Chips

Pizza for One

Ham & Cheese Croissant

Served with
Teriyaki Noodles
Glazed Carrots
Fresh Fruit & Veggie Bar
Ice Cold Milk

Wed, October 21

Breakfast

Oatmeal Chip Benefit Bar

Entrée Choices
Cheese Lasagna

Hot Dog

Bagel Lunch
Bagel, cream cheese &
D'animal Yogurt

Served with
Fresh Fruit & Veggie Bar
Caesar Side Salad
Baked Beans
Ice Cold Milk

Thursday, October 22

Breakfast

Apple Frudel

Entrée Choices
Eggo Waffles & Sausage

Breaded Chicken
Drumstick

Pizza Power Pack
Flatbreads, sauce, cheese,
pepperoni, fruit

Served with
Fresh Fruit & Veggie Bar
Potato Wedges
Ice Cold Milk

Friday, October 23

Breakfast

Cinnamon Crumb Cake

Entrée Choices
School Baked Pizza

Cereal Fun Lunch
Cereal, yogurt, string cheese

Wheat Cracker Lunch
Wheat crackers, cheese stick,
yogurt, & baby carrots

Served with
Fresh Fruit & Veggie Bar
Veggie Pasta Salad
Ice Cold Milk
Scooby Doo Graham

Monday, October 26

Breakfast

Golden Grahams Bar
Entrée Choices
Chicken Patty Sandwich

Vegan Patty Sandwich

Strawberry Smoothie &
Cereal Bar

Taco Max Snacks
(Quesadilla dough filled with
taco beef & cheese)
Served with
Fresh Fruit & Veggie Bar
Oven Fries
Ice Cold Milk
Jack O'Lantern Soft
Pretzel

Tuesday, October 27

Breakfast

Cinnamon Roll

Entrée Choices
Pizza Sticks & Sauce

Turkey & Cheese
Rollup

Chicken Caesar Salad

Served with
Fresh Fruit & Veggie Bar
Crunchy Baby Carrots
Ice Cold Milk
Potato Chips

Wed, October 28

Breakfast

Cocoa Chip Benefit Bar

Entrée Choices
Pasta & Meatballs

Pasta & Marinara w/
String Cheese

Mini Chicken Corn Dogs

Yogurt Berry Parfait

Served with
Fresh Fruit & Veggie Bar
Soft Breadstick
Roasted Broccoli
Ice Cold Milk

Thursday, October 29

Breakfast

Nutrigrain Bar

Entrée Choices
French Toast & Sausage

Popcorn Chicken & Roll

Vegan Nuggets

Wheat Cracker Power
Pack
Wheat crackers, cheese stick,
yogurt, & baby carrots
Served with
Fresh Fruit & Veggie Bar
Sweet Potato Fries
Sliced Cucumbers
Ice Cold Milk

Friday, October 30

Breakfast

Snack'N Waffle

Entrée Choices
School Baked Pizza

Hummus Fun Lunch
hummus, crackers, cheese
stick & carrots

Sunbutter & Jelly w/
String Cheese

Served with
Fresh Fruit & Veggie Bar
Marinated Chic Peas
Ice Cold Milk
Giant Goldfish Graham



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

FOXBOROUGH DISTRICT NUTRITION SERVICES



**JUST WHAT
THE DOCTOR
ORDERED.**

Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**