

Menus for October 2026



FOXBOROUGH HIGH SCHOOL

This institution is an equal opportunity provider.

Monday, October 5

Entrée Choices
 Foxboro Sampler
 (Tenders, nachos & onion rings)
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Fresh Fruit & Veggie Bar
 Carrot & Celery Sticks
 Seasoned Black Beans
 Ice Cold Milk
 Frozen Cherry Juice Cup

Tuesday, October 6

Entrée Choices
 French Toast & Sausage
 Pizza for One
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Tater Tots
 Fresh Fruit & Veggie Bar
 Ice Cold Milk
 Cookie of the Day

Wed, October 7

Entrée Choices
 Pasta Bar
 Choice of Marinara, Meat
 sauce or Alfredo Sauce
 Ham & Cheese Croissant
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

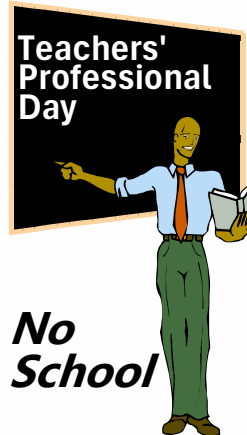
Served with
 Roasted Broccoli
 Texas Toast
 Fresh Fruit & Veggie Bar
 Ice Cold Milk

Thursday, October 8

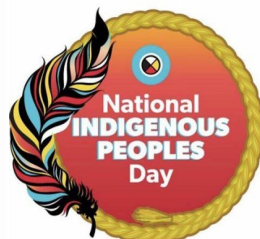
Entrée Choices
 Brick Oven Pizza
 Chicken Tender Wrap
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Red Pepper Strips
 Fresh Fruit & Veggie Bar
 Ice Cold Milk
 Pretzels

Friday, October 9



Monday, October 12



No School

Tuesday, October 13

Entrée Choices
 Fox Filet Sandwich
 Chicken breast filet with
 pickles & special sauce
 French Bread Pizza
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Waffle Fries
 Ice Cold Milk

Wed, October 14

Entrée Choices
 Pasta & Meatballs
 White Garlic Flatbread
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Breadstick
 Garlic Green Beans
 Ice Cold Milk

Thursday, October 15

Entrée Choices
 Mandarin Orange
 Chicken
 Chicken & Cheese
 Quesadilla
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Steamed Brown Rice
 Glazed Carrots
 Fresh Fruit & Veggie Bar
 Ice Cold Milk

Friday, October 16

Entrée Choices
 Brick Oven Pizza
 Chef's Choice Hot
 Sandwich
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Sweet & Tangy Broccoli
 Salad
 Ice Cold Milk
 Chocolate Bear Grahams

Thursday, October 1

Entrée Choices
 Thai Sweet Chili Rice
 Bowl
 French Bread Pizza
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar
 Pizza of the Day

Served with
 Asian Slaw
 Fresh Fruit & Veggie Bar
 Ice Cold Milk
 Bear Graham

Friday, October 2

WORLD SMILE DAY

Entrée Choices
 Brick Oven Pizza
 Buffalo Chicken Flatbread
 Chicken Caesar Salad
 Smoothie & Pretzel
 Hot & Cold Sandwiches
 Taco Salad Bar

Served with
 Fresh Fruit & Veggie Bar
 Smile Fries
 Sliced Cucumbers
 Hummus
 Ice Cold Milk



World Smile Day
Friday, Oct 2nd!

Be kind & make someone smile!



**WELCOME,
 CHEF JOHN!**

We are excited to announce that we have a professionally trained chef working in the Foxborough High kitchen for 12 weeks this fall!

The CECAP chef coaching program (Creating and Executing a Culinary Advancement Plan) was developed by the John Stalker Institute at Framingham State University to help school food service teams increase their culinary skills.

Chef John will be working with the staff to create some new scratch recipes in the upcoming weeks, so be on the lookout for some exciting, tasty changes!

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

NUTRITION *TO GO*

Lots of kids and adults love yogurt – and that's great, because yogurt is a low fat, high quality source of protein, and it's also loaded with calcium. One cup of lowfat fruit yogurt contains about 200 calories and only a couple of grams of fat -- and yogurt is easier to digest for people who have trouble with milk.

A QUICK BITE FOR PARENTS

BREAKFAST

Breakfast is available before school

No charge for all students!

Breakfast choices are:
Breakfast Sandwiches,
Smoothies, Cereal, Yogurt,
Muffins, Bagels, Juice, Fruit &
Milk

Monday, October 19

Entrée Choices
Pizza Sticks & Sauce
Steak & Cheese Sub
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar

Served with
Crunchy Carrot Sticks
Fresh Fruit & Veggie Bar
Ice Cold Milk
Potato Chips
Frozen Juice Cup

Tuesday, October 20

Entrée Choices
Pasta Alfredo
With or without Chicken
French Bread Pizza
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar

Served with
Fresh Fruit & Veggie Bar
Honey Roasted Carrots
Ice Cold Milk

Wed, October 21

Entrée Choices
Italian Sampler
Stuffed shells, meatballs &
mozzarella sticks
Chicken Tenders
Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

Served with
Fresh Fruit & Veggie Bar
Steamed Broccoli
Texas Toast
Ice Cold Milk

Thursday, October 22

Entrée Choices
New! Korean Beef Rice
Bowl
Chicken Parm Sand
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

Served with
Fresh Fruit & Veggie Bar
Marinated Cukes
Ice Cold Milk
Fresh Baked Cookie

Friday, October 23

Entrée Choices
Brick Oven Pizza
Egg & Cheese Bagel
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar

Served with
Fresh Fruit & Veggie Bar
Veggie Pasta Salad
Black Bean & Corn Salsa
Ice Cold Milk
Animal Crackers

Monday, October 26

Entrée Choices
Mac & Cheese Bar
Rodeo Burger
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

Served with
Fresh Fruit & Veggie Bar
Golden Corn
Ice Cold Milk
Jack O'Lantern Soft
Pretzel

Tuesday, October 27

Entrée Choices
Chicken & Waffles
Meatball Sub
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

Served with
Fresh Fruit & Veggie Bar
Sweet Potato Fries
Ice Cold Milk

Wed, October 28

Entrée Choices
Pasta & Meatballs
Grilled Cheese
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

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

Thursday, October 29

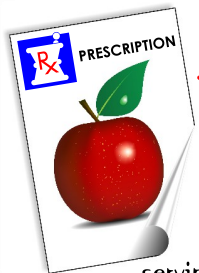
Entrée Choices
New! Chicken Shawarma
w/ Lemon Rice
Chicken Empanadas
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar
Pizza of the Day

Served with
Roasted Green Beans &
Blistered Tomatoes
Fresh Fruit & Veggie Bar
Ice Cold Milk

Friday, October 30

Entrée Choices
Brick Oven Pizza
Chef's Choice Hot
Sandwich
Chicken Caesar Salad
Smoothie & Pretzel
Hot & Cold Sandwiches
Taco Salad Bar

Served with
Fresh Fruit & Veggie Bar
Sliced Cucumbers
Hummus
Ice Cold Milk
Scooby Snacks



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!

Available Daily

A la carte items available for purchase:

Second Entrees 2.50

Bottled Water 1.00

Switch 100% Fizzy Juice 1.00

Assorted Chips & Snacks
1.00-1.25

Orange Leaf Yogurt on Fridays 2.50

Pay with cash or on meal account.

Online payments:

www.myschoolbucks.com

