

OCTOBER 2025

Harvest Intermediate School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	1	2	3
	Breakfast: \$2.00 Reduced \$.30 Lunch: \$3.50 Reduced \$.40 Milk \$.45 We are an equal opportunity provider.	Breakfast: Mini Pancakes or Cereal/Bar/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Cheeseburger or Wild Mike's Pizza Slice, French Fries, Green Beans, Apple Slices, Milk	Breakfast: Donut Day or Cereal/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Popcorn (Reg & Spicy) Chicken or Pizza Dippers, Mixed Veggies, Sweet Potato Fries, Mandarin Oranges, Milk	Breakfast: Breakfast Bread or Cereal/Cheese, Juice, Fruit, Milk Lunch: Mini Corn Dogs or Stuffed Crust Pizza, Honey Glazed Carrots, Dragon Punch, Pears, Milk
6	7	8	9	10
NO SCHOOL	Breakfast: Mini Cinnamon Roll/Sausage or Cereal/Cheese, Juice, Fruit, Milk Lunch: Nacho Day or Stuffed Crust Pizza, Taco Pinto Beans, Celery, Pineapple, Cornbread, Milk	Breakfast: JJ Breakfast Bar or Cereal Bar/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Fr. Toast Sticks/Sausage or Big Daddy Pizza, Broccoli, Cucumbers, Warm Cinnamon Apples, Milk	Breakfast: Chocolate Crescent or Cereal/Bar/Cheese, Juice, Fruit, Milk Lunch: Popcorn Chicken or French Bread Pizza, Mashed Potatoes, Corn, Orange Slices, Milk	Breakfast: Strawberry Bagel or Cereal/Cheese, Juice, Fruit, Milk Lunch: Corn Dog or Pizza Dippers, Celery, Baby Carrots, Pears, Milk
13	14	15	16	17
Breakfast: Mini Cinni's or Cereal/Yogurt, Juice, Fruit, Milk Lunch: Hot Dog/Bun or Garlic Parmesan Cheese Bites, Spiral Fries, Peas/Carrots, Fresh Apples, Milk	Breakfast: Egg Sandwich or Cereal /Cheese/Yogurt, Juice, Fruit, Milk Lunch: Cheeseburger or Mozzarella Sticks, Cucumbers, Baked Beans, Grapes, Milk	Breakfast: Mini Pancakes or Cereal/Bar/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Omelet/Banana Mini Loaf or Big Daddy Pizza, Potato Emojis, Dragon Punch, Strawberries, Milk	Breakfast: Donut Day or Cereal/Chs/Yogurt, Juice, Fruit, Milk Lunch: General Tso Chicken/Rice or French Bread Pizza, Broccoli, Baby Carrots, Pineapple, Milk	Breakfast: Strawberry Cream Cheese Bagel or Cereal/Cheese, Juice, Fruit, Milk Breakfast Bread or Cereal/Cheese, Juice, Fruit, Milk Lunch: Chicken Strips or Stuffed Crust Pizza, Celery, Tomatoes, Smore Bar, Tropical Fruit, Milk
20	21	22	23	24
Breakfast: : Breakfast Pizza or Cereal/Yogurt/Cheese, Juice, Fruit, Milk Lunch: Scrambled Eggs/Pancake Bites or Pizza Dippers, Baby Carrots, Garlic Roasted Potatoes, Sliced Apples, Milk	Breakfast: Mini Cinnamon Roll/Sausage or Cereal/Cheese, Juice, Fruit, Milk Lunch: TACO TUESDAY or Wild Mike Pizza! Taco Meat, Shredded Cheese, Tortilla or Chips, Refried Beans, Corn, Pears, Apple Churro,	Breakfast: : : JJ Breakfast Bar or Cereal Bar/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Breaded Chicken Sandwich or Grilled Cheese or Big Daddy Pizza, Cucumbers, Romaine Salad, Pineapple, Milk	Breakfast: Chocolate Crescent or Cereal/Bar/Cheese, Juice, Fruit, Milk Lunch: Spicy or Reg Popcorn Chicken or Fr. Bread Pizza, Celery, Broccoli, Mandarin Oranges, Milk	Breakfast: : Strawberry Bagel or Cereal/Cheese, Juice, Fruit, Milk Lunch: Pretzel Wrapped Hot Dog or Stuffed Crust Pizza, Baby Carrots, French Fries, Banana, Milk
27	28	29	30	31
Breakfast: : Mini Cinni's or Cereal/Yogurt, Juice, Fruit, Milk Lunch: Chicken Patty/Eggoji Waffle or Big Daddy Pizza, Corn, Baby Carrots, Tropical Fruit, Milk	Egg Sandwich or Cereal /Cheese/Yogurt, Juice, Fruit, Milk Lunch: Mandarin Org Chicken/Rice or Fr. Bread Pizza, Broccoli, Red Peppers, Pineapple, Fortune Cookie, Milk	Breakfast: Mini Pancakes or Cereal/Bar/Cheese/Yogurt, Juice, Fruit, Milk Lunch: Cheeseburger or Wild Mike's Pizza Slice, French Fries, Green Beans, Apple Slices, Milk	-Milk Choices: Unflavored 1% or skim chocolate. -Contact Becky Terry, RDN, Foodservice Supervisor with any questions at rterry@deforestschoools.org	Alternative entrée choices include: Yogurt meals, deli sandwiches and wraps, chef salads. -Menus are subject to change.