# East Hills Academy Lunch – October 2026

Menu is subject to change with no notice. This institution is an equal opportunity provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | 1 | 2 |
|  |   |  | Breaded or Spicy Chicken Sandwich<br><br>Chef Salad with Cheez-Its | P-BBQ Rib Sandwich<br><br>V-Yogurt Parfait w/Granola & Sunflower Seeds |
| 5 | 6 | 7 | 8 | 9 |
| Chicken & Cheese Quesadilla<br><br>Italian Deli Sandwich | Teriyaki Chicken with Lo Mein<br><br>V-Yogurt, Cheese Stick, & Super Slice Bread | V, P- Variety Pizza<br><br>Turkey and Cheese Sandwich | Beef or Cheese Nachos<br><br>Chef Salad with Cheez-Its | P-Cinnamon Roll w/Sausage Patties or V-Cheese Pizza Lunch Box |
| 12 | 13 | 14 | 15 | 16 |
| Chicken Bites & Goldfish Crackers<br><br>V-Yogurt, Cheese Stick & Super Slice Bread | **National School Lunch Week**<br>BYO Taco Kit<br><br>Picnic Roll | V, P- Variety Pizza<br><br>V-Peanut Butter & Jelly Sandwich | Manager's Choice<br><br>D11 Luncha-box | Chicken Alfredo Penne<br><br>Chef Salad with Cheez-Its |
| 19 | 20 | 21 | 22 | 23 |
| **Fall Break** | | | | |
| 26 | 27 | 28 | 29 | 30 |
| V-French Toast & Yogurt Dip<br><br>Ham & Cheese Sub | Plain or Cheesy Burger<br><br>V-Cream Cheese Bagel & Hard-Boiled Egg | V-French Bread Cheese Pizza<br><br>Turkey & Cheese Sandwich | Ramen Bowl with Egg Roll<br><br>P-Ham & Swiss Croissant | Bat Nuggets & Goldfish Crackers<br><br>V-Yogurt Parfait, Granola, and Sunflower Seeds |

v-vegetarian option p-contains pork