

October 2025

Shade Canyon School Menu	Monday	Tuesday	Wednesday	Thursday	Friday	
All children will be given meals if requested. A \$10 per week donation is suggested per child.	29 Breakfast: Yogurt w/ Fruit Lunch: Rice & Beans	30 Breakfast: Toast Lunch: Nachos	1 Breakfast: Eggs Lunch: Potato Soup	2 Breakfast: Oatmeal Lunch: Chicken/Veg Stir Fry	3 Breakfast: Yogurt w/ Fruit Lunch: Bean Salad	Note: A fruit or vegetable is offered at all meal times. These options vary seasonally and based on donations.
Please alert the kitchen staff to any food allergies.	6 Breakfast: Yogurt W/ Fruit Lunch: Picadillo (Chicken & Potatoes W/ Veg)	7 Breakfast: Oatmeal Lunch: Spaghetti	8 Breakfast: Eggs Lunch: Rice & Beans	9 Breakfast: Oatmeal Lunch: Chicken & Rice	10 Breakfast: Yogurt Lunch: Chicken Salad Sandwiches	
	13 Breakfast: Eggs Lunch: Curry	14 Breakfast: Oatmeal Lunch: Bean Salad	15 Breakfast: Yogurt Lunch: Tomato Soup & Grilled Cheese	16 Breakfast: Oatmeal Lunch: Chicken & Rice	17 Breakfast: Toast Lunch: Nachos	
	20 Breakfast: Yogurt Lunch: Chicken & Veg Stir Fry	21 Breakfast: Oatmeal Lunch: Chicken Salad Sandwiches	22 Breakfast: Toast Lunch: Rice & Beans	23 Breakfast: Eggs Lunch: Nachos	24 Breakfast: Yogurt & Fruit Lunch: Spaghetti	
	27 Breakfast: Eggs Lunch: Rice & Chicken	28 Breakfast: Oatmeal Lunch: Curry	29 Breakfast: Eggs Lunch: Stroganoff	30 Breakfast: Oatmeal Lunch: Chicken/Veg Stir Fry	31 Breakfast: Yogurt Lunch: Pozolillo (Green Pozole)	