

Menus for October 2025



CNMI Public School System, Child Nutrition Program

USDA is an equal opportunity provider and employer. Menus are subject to change.

**YOU NEVER
KNOW WHAT YOU
MIGHT RUN INTO
OUT THERE!**



**STAY ALERT
& BE SAFE!**

Wednesday, October 1

Breakfast

Breakfast Pizza
Fresh Fruit/Fruit Smoothie

Lunch

Beef Steak w/Green Peas & Onions
Red Rice
Carrots
Fresh Fruit

Secondary Second Choice

Chicken Nuggets w/ Dipping Sauce
Seasoned Potato Wedges
Honey Ginger Green Beans
WGR Dinner Roll
Fresh Fruit

Thursday, October 2

Breakfast

Fried Rice w/
Portuguese Sausage
Fresh Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, October 3

Breakfast

French Toast w/ Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fresh Fruit

**ARE YOU
READY FOR
THIS GUY?**



The flu bug makes the scene in October and can stick around until May! The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

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

Monday, October 6

Breakfast

Assorted Cereal
Fruit

Lunch

Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fresh Fruit

Tuesday, October 7

Breakfast

Garlic Fried Rice w/
Chicken Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Burger
Green Salad w/ Cucumber
Carrots w/ Dressing
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Fresh Fruit

Wednesday, October 8

Breakfast

Mac & Cheese 2.0
Fresh Fruit/Fruit Smoothie

Lunch

Pork Curry
Steamed Rice
Potatoes & Carrots
Fresh Fruit

Secondary Second Choice

Buffalo Chicken Sliders on
WGR Dinner Roll
Corn Succotash
Fresh Fruit

Thursday, October 9

Breakfast

Ham & Egg Scramble
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Pepperoni Pizza
Broccoli
Spanish Chickpeas
Fresh Fruit

Secondary Second Choice

Chicken Caesar Salad
WGR Garlic Bread & Croutons
Spanish Chickpeas
Fresh Fruit

Friday, October 10

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Kimchee Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fresh Fruit

Monday, October 13

**Commonwealth
Cultural Day
No Public School**

Breakfast

Assorted Cereal
Fruit

Lunch

Kung Pao Chicken
Steamed Rice
Garlic Pacific Blend Vegetables
Fresh Fruit

Tuesday, October 14

Breakfast

Fried Rice w/ Portuguese Sausage
Fresh Fruit/Fruit Smoothie

Lunch

Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Taco Seasoned Lentils
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Taco Seasoned Lentils
Fresh Fruit

Wednesday, October 15

Breakfast

Grilled Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Beef Bulgogi
w/ Broccoli & Onions
Steamed Rice
Carrots
Fresh Fruit

Secondary Second Choice

Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fresh Fruit

Thursday, October 16

Breakfast

Apple Cinnamon Pan Pancakes
Bacon
Fresh Fruit/Fruit Smoothie

Lunch

Spaghetti Bolognese
WGR Roll
Honey Ginger Green Beans
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, October 17

Breakfast

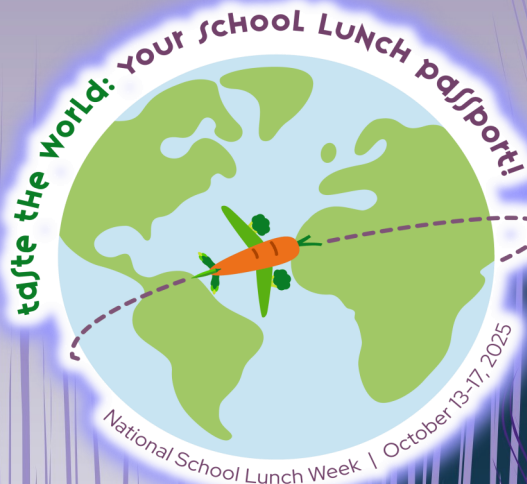
French Toast w/ Syrup
Sausage
Fruit

Lunch

Chicken Teriyaki
Steamed Rice
Local Vegetables & Sesame Broccoli
Flavored Milk
Fresh Fruit

Secondary Second Choice

Beef & Broccoli
Steamed Rice
Local Vegetables
Fresh Fruit



KIDS! Please join us to celebrate National School Lunch Week, October 13-17!



What's on
YOUR
plate?

Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day _____
2. Multiply your average servings by 2 _____
3. Add 5 to the number on line 2 _____
4. Multiply line 3 by 50 _____
5. Write 1765 if you've had your birthday this year or 1764 if you haven't _____
6. Add lines 4 and 5 together _____
7. Write the year you were born _____
8. Subtract line 7 from line 6 _____

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



WHAT'S WRONG WITH THIS PICTURE? IN REAL LIFE, **ELEPHANTS ARE INCAPABLE OF JUMPING!** KEEP THAT IN MIND IF YOU'RE EVER PUTTING TOGETHER AN ALL-ANIMAL BASKETBALL TEAM!

STRANGE BUT TRUE!



Monday, October 20

School Level PD
No Public School

Breakfast

Assorted Cereal
Fruit

Lunch

Breaded Chicken w/ Gravy
Mashed Potatoes
Corn
WGR Dinner Roll
Fresh Fruit

Tuesday, October 21

Breakfast

Sausage
Steamed Rice
Fresh Fruit/Fruit Smoothie

Lunch

Sub Sandwich on WGR Bun
Green Salad w/ Tomatoes
& Dressing
Italian Bean Salad
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Italian Bean Salad
Fresh Fruit

Wednesday, October 22

Breakfast

Toasted Ham & Cheese
Fresh Fruit/Fruit Smoothie

Lunch

Pork Ginger
Steamed Rice
Sesame Broccoli & Carrots
Fresh Fruit

Secondary Second Choice

Cheeseburger
Sandwich Sides
Sweet Potato Fries
Fresh Fruit

Thursday, October 23

Breakfast

Garlic Fried Rice w/ Chicken
Nuggets
Fresh Fruit/Fruit Smoothie

Lunch

Chicken Alfredo Penne Pasta
Lemon Garlic Cauliflower & Carrots
Fresh Fruit

Secondary Second Choice

Chef Salad
Ham & Boiled Egg
WGR Cheesy Roll
Fresh Fruit

Friday, October 24

Breakfast

Pancakes w/ Syrup
Bacon
Fruit

Lunch

BBQ Chicken
Red Rice
Local Vegetables & Corn
Flavored Milk
Fresh Fruit

Secondary Second Choice

Creole Fish Sandwich w/
Spicy Remoulade Sauce
Corn & Local Vegetables
Fresh Fruit

Monday, October 27

Breakfast

Assorted Cereal
Fruit

Lunch

Honey Garlic Chicken Stir Fry
Steamed Rice
Carrots
Broccoli
Fresh Fruit

Tuesday, October 28

Breakfast

Grilled Ham
with Fried Rice
Fresh Fruit/Fruit Smoothie

Lunch

Sloppy Joes
Sweet Potato Fries
Taco Seasoned Lentils
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Taco Seasoned Lentils
Fresh Fruit

Wednesday, October 29

Breakfast

Breakfast Pizza
Fresh Fruit/Fruit Smoothie

Lunch

Beef Steak w/ Green Peas & Onions
Red Rice
Carrots
Fresh Fruit

Secondary Second Choice

Chicken Nuggets w/ Dipping Sauce
Seasoned Potato Wedges
Honey Ginger Green Beans
WGR Dinner Roll
Fresh Fruit

Thursday, October 30

Breakfast

Fried Rice w/
Portuguese Sausage
Fresh Fruit/Fruit Smoothie

Lunch

Beef Lasagna
Garlic Cauliflower & Spinach
Fresh Fruit

Secondary Second Choice

Taco Salad
Taco Meat
WGR Tortilla Chips
Fresh Fruit

Friday, October 31

Breakfast

French Toast w/ Syrup
Sausage
Fruit

Lunch

Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fresh Fruit

Secondary Second Choice

Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fresh Fruit