

# OCTOBER 2025

## Sequoyah Public School

# 4<sup>th</sup>-12<sup>th</sup>

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


1  
Chicken Parmesan  
With Spaghetti & Marinara  
Roasted Broccoli  
Peaches

2  
Pizza Hut Pizza  
Taco Soup & Chips  
Sweet Fries  
Strawberries

3  
BBQ Chicken Sandwich  
Potato Wedges  
Baked Beans  
Fruit Cup

6  
Spaghetti & Meat Sauce  
Garlic Toast  
Broccoli  
Glazed Carrots  
Pears

7  
Oven Roasted Chicken  
Hot Roll  
Mashed Potatoes & Gravy  
Green Peas  
Sliced Apples

8  
Orange Chicken  
Fried Rice  
Carrots & Peas  
Spinach Salad  
Oranges

9  
Pizza Hut Pizza  
Meat Loaf  
Sweet Wedges  
Fruit Cup

10  
Cheeseburger  
French Fries  
Lettuce, Tomato & Onion  
Peaches

13  
Walking Taco  
Black Beans  
Lettuce, Tomato & Onion  
Cinnamon Apples

14  
Chicken Mega Mini  
Hot Roll  
Mashed Potatoes & Gravy  
Green Beans  
Peaches

15  
16  
17  
Have a Spooktacular Fall Break!

20  
Cheesy Bread Sticks  
Marinara Dipping Sauce  
Broccoli  
Peaches

21  
Chicken Strips  
Hot Roll  
Mashed Potatoes & Gravy  
Green Peas  
Pears

22  
Beef Mostaccioli  
Italian Veggies  
Salad  
Garlic Toast  
Blueberries

23  
Pizza Hut Pizza  
Tortilla Soup & Chips  
Sweet Fries  
Spinach Salad  
Strawberries

24  
Club Sandwich  
French Fries  
Cole Slaw  
Fruit Cup

27  
Beef Fiesta Nachos  
Refried Beans  
Salsa  
Strawberries

28  
Chicken Fried Steak  
Hot Roll  
Mashed Potatoes & Gravy  
Green Beans  
Peaches

29  
Macaroni & Cheese  
Garlic Toast  
Broccoli  
Salad  
Pears

30  
Pizza Hut Pizza  
Enchilada Soup & Chips  
Sweet Wedges  
Fruit Cup

31  
Frankenswine Dog  
Curly Fried Worms  
Witch's Teeth  
Bloody Berries



Choice of Milk & Second Options also available.

To make an online payment or to fill out a Free & Reduced Meal form log onto Sequoyah Sylogist (Gradebook/Parent Portal) at

<https://oked.sylogist.com/Sequoyah>

This institution is an equal opportunity provider.

\*\*Menus subject to change.\*\*