

OCTOBER 2025

Oswego City School District



	Monday	Tuesday	Wednesday	Thursday	Friday
			BBQ Chicken (Chicken Pieces 0g , BBQ Sauce 5g) Cornbread 29g Corn 17g	Cheeseburger (Burger 0g , Cheese 1g) On a Bun 23g French Fries 23g	Italian Dunkers (Hoagie Roll 28g, Mozzarella 3g) With Marinara 12g Green Beans 4g
	Hoffman Hot Dog 1g On a Bun 26g Green Beans 4g	Chicken Quesadilla (Diced Chicken 0g , Tortilla 24g , Cheddar 0g , Salsa 4g , Sour Cream 4g) Corn 17g	Meatball Sub (Meatballs 3g, Spaghetti Sauce 12g, Mozza- rella 3g, Hoagie Roll 28g) Peas 6g	Orange Chicken (Popcorn Chicken 14g , Orange Sauce 9g) Veggie "Fried" Rice 18g Roasted Carrots 9g	Cheese Pizza 27g Broccoli 5g
	No School	Walking Taco (Turkey Taco Meat 3g, Doritos 20g, Cheddar 0g) Baked Beans 45g	Grilled Cheese 26g With Tomato Soup 20g Green Beans 4g	French Toast Sticks 39g Turkey Sausage Patty 0g Hash Brown 18g	Italian Dunkers (Hoagie Roll 28g, Mozzarella 3g) With Marinara 12g Garden Salad 6g Lite Italian Dressing 1g
	Crispy Chicken Sandwich (Chicken Patty 12g, Hamburger Bun 23g) Peas 6g	Pulled Pork Sandwich (Pulled Pork 1.6g, BBQ Sauce 5g, Hamburger Bun 23g) Roasted Carrots 9g	Half Day - Bagged Lunch Turkey or Ham Sandwich (Turkey 5g , Ham 2g , Cheese 1g , Sandwich Bread 24g) or Uncrustable (PB&J) 32g	Half Day - Bagged Lunch Turkey or Ham Sandwich (Turkey 5g , Ham 2g , Cheese 1g , Sandwich Bread 24g) or Uncrustable (PB&J) 32g	Half Day - Bagged Lunch Turkey or Ham Sandwich (Turkey 5g , Ham 2g , Cheese 1g , Sandwich Bread 24g) or Uncrustable (PB&J) 32g
	Cheeseburger (Burger 0g , Cheese 1g) On a Bun 23g Baked Beans 45g	Chicken Parm Sandwich (Chicken Patty 12g, Spaghetti Sauce 12g, Mozzarella 3g, Bun 23g) Green Beans 4g	Hot Ham 2g & Cheese 1g On a Pretzel Bun 29g Roasted Sweet Potatoes 14g	Mashed Potato Bowl (Popcorn Chicken 14g, Mashed Potatoes 17g, Gravy 4g, Cheddar 0g) Corn 17g	Cheese Pizza 27g Broccoli 5g

Milk and fruit selection included with all meals – Menu subject to change without notice – "USDA is an Equal Opportunity Provider and Employer"

