

SOUTH SHORE CHARTER SCHOOL

October 2026

 Breakfast - Cold



South Shore
Charter School

					THU 1 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Chocolate Skim Milk	FRI 2 Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk, Unflavored Chocolate Skim Milk
MON 5 Multi-Grain Cheerios, Graham Crackers, Raisins, Applesauce 1% Milk, Unflavored Chocolate Skim Milk	TUE 6 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Chocolate Skim Milk	WED 7 WG Plain Bagel, Cream Cheese, Applesauce, 100% Orange-Tangerine Juice 1% Milk, Unflavored Chocolate Skim Milk	THU 8 Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored Chocolate Skim Milk	FRI 9 WG Frosted Corn Flakes, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored Chocolate Skim Milk		
MON 12 <i>No meal scheduled</i>	TUE 13 Honey Cheerios, Graham Crackers, Fresh Apple, 100% Orange-Tangerine Juice 1% Milk, Unflavored Chocolate Skim Milk	WED 14 WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice 1% Milk, Unflavored Chocolate Skim Milk	THU 15 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Chocolate Skim Milk	FRI 16 WG Chocolate Chip Muffin, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored Chocolate Skim Milk		
MON 19 RS Cocoa Puffs, Graham Crackers, Raisins, 100% Orange-Tangerine Juice 1% Milk, Unflavored Chocolate Skim Milk	TUE 20 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Chocolate Skim Milk	WED 21 Cocoa Cherry Bar, Fresh Pear, 100% Very Berry Juice 1% Milk, Unflavored Chocolate Skim Milk	THU 22 WG Plain Bagel, Cream Cheese, Applesauce, 100% Orange-Tangerine Juice 1% Milk, Unflavored Chocolate Skim Milk	FRI 23 Reduced Sugar Trix, Graham Crackers, Peach Cup, 100% Grape Juice 1% Milk, Unflavored Chocolate Skim Milk		
MON 26 WG Cinnamon Raisin Bagel, Butter, Peach Cup, 100% Grape Juice 1% Milk, Unflavored Chocolate Skim Milk	TUE 27 Cinn Toast Crunch, Graham Crackers, Applesauce, 100% Orange-Tangerine Juice 1% Milk, Unflavored Chocolate Skim Milk	WED 28 Apple Muffin, Raisins, 100% Grape Juice 1% Milk, Unflavored Chocolate Skim Milk	THU 29 Yogurt, Graham Crackers, Fresh Apple, Pineapple Cup 1% Milk, Unflavored Chocolate Skim Milk	FRI 30 Apple Cinnamon Cheerios, Graham Crackers, Fresh Pear, 100% Berry Juice 1% Milk, Unflavored Chocolate Skim Milk		

Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. • This institution is an equal opportunity provider, employer and lender. • We do not recommend medical decisions regarding dietary needs be solely based on the nutrition information provided. Always consult with the staff on site if you have any questions or concerns. Nutrition information is subject to change based on menu changes and product substitutions. • For support with dietary accommodations, please contact your local school for further assistance.

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 Breakfast - Hot



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THU 1	FRI 2
- Cinnamon Bun 100% Apple Juice - Mixed Fruit 1% Milk, Unflavored - Chocolate Skim Milk	<i>All items hidden by current filters</i>

MON 5	TUE 6	WED 7	THU 8	FRI 9
<i>All items hidden by current filters</i>	- Turkey Sausage Pancake Griddle Sandwich 100% Apple Juice - Mixed Fruit 1% Milk, Unflavored - Chocolate Skim Milk	- Dutch Waffle 100% Orange Tangerine Juice - Applesauce - Syrup 1% Milk, Unflavored - Chocolate Skim Milk	- Apple Frudel 100% Very Berry Juice - Fresh Pear 1% Milk, Unflavored - Chocolate Skim Milk	<i>All items hidden by current filters</i>

MON 12	TUE 13	WED 14	THU 15	FRI 16
<i>No meal scheduled</i>	- WG French Toast 100% Orange Tangerine Juice - Applesauce - Syrup 1% Milk, Unflavored - Chocolate Skim Milk	- Cinnamon Bun 100% Fruit Punch Juice - Diced Peaches 1% Milk, Unflavored - Chocolate Skim Milk	- Cheesy Biscuit 100% Apple Juice - Mixed Fruit 1% Milk, Unflavored - Chocolate Skim Milk	<i>All items hidden by current filters</i>

MON 19	TUE 20	WED 21	THU 22	FRI 23
<i>All items hidden by current filters</i>	- Apple Frudel 100% Apple Juice - Mixed Fruit 1% Milk, Unflavored - Chocolate Skim Milk	- Sunrise Breakfast Calzone 100% Very Berry Juice - Fresh Pear 1% Milk, Unflavored - Chocolate Skim Milk	- WG Pancakes 100% Orange Tangerine Juice - Applesauce - Syrup 1% Milk, Unflavored - Chocolate Skim Milk	<i>All items hidden by current filters</i>

MON 26	TUE 27	WED 28	THU 29	FRI 30
<i>All items hidden by current filters</i>	- WG Waffles 100% Orange Tangerine Juice - Applesauce - Syrup 1% Milk, Unflavored - Chocolate Skim Milk	- Cheesy Biscuit 100% Fruit Punch Juice - Raisins 1% Milk, Unflavored - Chocolate Skim Milk	- Cinnamon Bun 100% Apple Juice - Mixed Fruit 1% Milk, Unflavored - Chocolate Skim Milk	<i>All items hidden by current filters</i>

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SOUTH SHORE CHARTER SCHOOL

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 K-8 Lunch A



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					THU1 Salisbury Steak w/ Gravy & Roasted Potatoes Fresh Banana WG Bun 1% Milk, Unflavored Chocolate Skim Milk	FRI2 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk
MON5 Baked Beans Cheeseburger Calzone Diced Peaches Ketchup 1% Milk, Unflavored Chocolate Skim Milk	TUE6 Cheesy Crispy Chicken Biscuit Sandwich Fresh Apple Ketchup Roasted Sweet Potatoes 1% Milk, Unflavored Chocolate Skim Milk	WED7 Meatballs w/ BBQ Sauce Cheese & Broccoli Fresh Pear WG Club Roll 1% Milk, Unflavored Chocolate Skim Milk	THU8 French Toast w/ Scrambled Eggs Fresh Banana Roasted Potatoes Syrup 1% Milk, Unflavored Chocolate Skim Milk	FRI9 Italian Cheesy Pull-Aparts Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk		
MON12 No meal scheduled	TUE13 Chicken Enchilada Empanada 100% Sun Splash Vegetable Juice Fava Bean Crisps Churro Fresh Pear 1% Milk, Unflavored Chocolate Skim Milk	WED14 Mini Turkey Corn Dogs & Smiley Fries Ketchup Mixed Fruit 1% Milk, Unflavored Chocolate Skim Milk	THU15 Meatballs w/ Tomato Sauce Spaghetti Broccoli Fresh Banana 1% Milk, Unflavored Chocolate Skim Milk	FRI16 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk		
MON19 BBQ Chicken w/ Brown Rice Pilaf & Baked Beans Fresh Pear 1% Milk, Unflavored Chocolate Skim Milk	TUE20 Breaded Chicken Tenders & Roasted Potatoes BBQ Sauce Diced Peaches 1% Milk, Unflavored Chocolate Skim Milk	WED21 Macaroni & Cheese and Steamed Broccoli Fresh Apple 1% Milk, Unflavored Chocolate Skim Milk	THU22 Turkey Hot Dog on WG Bun Fresh Banana Ketchup Roasted Sweet Potatoes 1% Milk, Unflavored Chocolate Skim Milk	FRI23 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk		
MON26 General Tso's Chicken w/ Brown Rice & Steamed Broccoli Fresh Apple 1% Milk, Unflavored Chocolate Skim Milk	TUE27 Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Fresh Pear Marinara Sauce 1% Milk, Unflavored Chocolate Skim Milk	WED28 Chicken Nuggets & Baked Beans BBQ Sauce Mixed Fruit 1% Milk, Unflavored Chocolate Skim Milk	THU29 Salisbury Steak w/ Gravy & Roasted Potatoes Fresh Banana WG Bun 1% Milk, Unflavored Chocolate Skim Milk	FRI30 Cheese Pizza Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk		

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SOUTH SHORE CHARTER SCHOOL

October 2026

 K-8 LunchB



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		THU1 Protein Pasta Alfredo & Steamed Green Peas Fresh Banana Whole Grain Bread 1% Milk, Unflavored Chocolate Skim Milk		FRI2 Chicken Salad on Ciabatta Bun Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	
MON5 Veggie Burger on WW Bun Baked Beans Diced Peaches Mayonnaise 1% Milk, Unflavored Chocolate Skim Milk		TUE6 Stir Fried Brown Rice with Eggs and Vegetables Fresh Apple 1% Milk, Unflavored Chocolate Skim Milk		WED7 Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Pear 1% Milk, Unflavored Chocolate Skim Milk	
		THU8 Beef Patty on WW Bun Fresh Banana Ketchup Roasted Potatoes 1% Milk, Unflavored Chocolate Skim Milk		FRI9 Turkey & Cheese Sandwich Fresh Baby Carrots Mayonnaise Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	
MON12 No meal scheduled		TUE13 Spanish Rice w/ Cheese & Beans Fresh Pear 1% Milk, Unflavored Chocolate Skim Milk		WED14 Toasted Cheese Sandwich Ketchup Mixed Fruit Tater Tots 1% Milk, Unflavored Chocolate Skim Milk	
		THU15 Cobb Salad FreshBanana Ranch Dressing WG Corn Muffin 1% Milk, Unflavored Chocolate Skim Milk		FRI16 Turkey Ham & Cheese Sandwich Fresh Baby Carrots Mayonnaise Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	
MON19 Veggie Burger on WW Bun Baked Beans Fresh Pear Mayonnaise 1% Milk, Unflavored Chocolate Skim Milk		TUE20 Egg & Cheese English Muffin Sandwich Diced Peaches Ketchup Roasted Potatoes 1% Milk, Unflavored Chocolate Skim Milk		WED21 Chicken Garden Salad WG Corn Muffin Fresh Apple Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	
		THU22 Cheese Ravioli w/Tomato Sauce & Steamed Green Beans Fresh Banana 1% Milk, Unflavored Chocolate Skim Milk		FRI23 Turkey & Cheese Sandwich Fresh Baby Carrots Mayonnaise Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	
MON26 Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Apple 1% Milk, Unflavored Chocolate Skim Milk		TUE27 Teriyaki Chicken w/ Brown Rice & Steamed Carrots Fresh Pear 1% Milk, Unflavored Chocolate Skim Milk		WED28 Falafel Bites w/ Quinoa Pilaf & Black Beans and Tomatoes Mixed Fruit 1% Milk, Unflavored Chocolate Skim Milk	
		THU29 Protein Pasta Alfredo & Steamed Green Peas Fresh Banana Whole Grain Bread 1% Milk, Unflavored Chocolate Skim Milk		FRI30 Chicken Salad on Ciabatta Bun Fresh Baby Carrots Raisins Ranch Dressing 1% Milk, Unflavored Chocolate Skim Milk	

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Snack Upper



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THU 1	FRI 2
{100% Fruit Punch Juice WG Cheez-Its	{100% Orange Tangerine Juice WG Sunchips
THU 8	FRI 9
{Vanilla Yogurt Fresh Apple	{100% Orange Tangerine Juice WG Tostitos
THU 15	FRI 16
{100% Orange Tangerine Juice Cheese Stick	{WG Cinnamon Graham Crackers 100% Fruit Punch Juice
THU 22	FRI 23
{WG Honey Graham Crackers 100% Grape Juice	{Cheese Stick Fresh Apple
THU 29	FRI 30
{100% Fruit Punch Juice WG Cheez-Its	{100% Orange Tangerine Juice WG Sunchips

MON 5	TUE 6	WED 7
{100% Apple Juice Cheese Stick	{100% Grape Juice WG Pretzels	{WG Banana Muffin 100% Fruit Punch Juice
MON 12	TUE 13	WED 14
No meal scheduled	{WG Apple Cinnamon Muffin 100% Fruit Punch Juice	{Fresh Apple WG Sunchips
MON 19	TUE 20	WED 21
{WG Blueberry Muffin 100% Apple Juice	{100% Orange Tangerine Juice WG Pretzels	All items hidden by current filters
MON 26	TUE 27	WED 28
{Vanilla Yogurt 100% Orange Tangerine Juice	{100% Fruit Punch Juice WG Tostitos	{WG Cinnamon Graham Crackers Cheese Stick

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