

K-8 LUNCH

OCTOBER 2026

Bassett USD Elementary Schools

Bassett Unified School District



Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHEESY BEEF NACHOS 393 cal Romaine Salad 3 cal Chili Beans 125 cal	2 CHEESY GARLIC BREADSTICKS 200 cal Breaded Chicken Drumstick 220 cal Mashed Potatoes 80 cal Mini Corn on the Cob 90 cal Broccoli Buds 20 cal
5 ALL BEEF HOT DOG 210 cal Hot Dog Bun 149 cal Crinkle Fries 130 cal Chili Beans 125 cal	6 ORANGE CHICKEN 150 cal Steamed Rice 160 cal Steamed Broccoli 30 cal Carrot Sticks 21 cal Cucumber Coins 9 cal	7 CHEESY GARLIC BREADSTICK 100 cal Mac & Cheese 519 cal Mixed Vegetables 45 cal Carrot Sticks 21 cal	8 TERIYAKI DUNKERS 216 cal Steamed Rice 160 cal Zucchini Coins 11 cal Carrot Sticks 21 cal	9 PARMESAN CRUSTED GRILLED CHEESE SANDWICH 720 cal WGR Galaxy Cheese Pizza 280 cal Romaine Salad 3 cal Cucumber Coins 9 cal
12 No menu published	13 CHEESY GARLIC BREADSTICKS 200 cal Country Chicken Bowl 433 cal Carrot Sticks 21 cal Broccoli Buds 20 cal	14 SPANISH RICE 61 cal Beef Taquitos w/Guacamole 357 cal Refried Beans 110 cal LETTUCE, SHRD 8 cal	15 SPAGHETTI WITH MEAT SAUCE 665 cal Mixed Vegetables 45 cal Carrot Sticks 21 cal	16 CHICKEN TAMALE IN RED SAUCE 290 cal Refried Beans P 166 cal Zucchini Coins 11 cal Broccoli Buds 20 cal
19 HAMBURGER BUN 150 cal Hamburger 118 cal Breaded Chicken Patty 240 cal Crinkle Fries 130 cal Chili Beans 125 cal	20 TERIYAKI CHICKEN 115 cal Steamed Rice 160 cal Steamed Broccoli 30 cal Carrot Sticks 21 cal Cucumber Coins 9 cal	21 CHICKEN & WAFFLES 380 cal Corn 100 cal Carrot Sticks 21 cal	22 CHEESY BEEF NACHOS 393 cal Romaine Salad 3 cal Chili Beans 125 cal	23 CHEESY GARLIC BREADSTICKS 200 cal Breaded Chicken Drumstick 220 cal Mashed Potatoes 80 cal Mini Corn on the Cob 90 cal Broccoli Buds 20 cal
26 ALL BEEF HOT DOG 210 cal Hot Dog Bun 149 cal Crinkle Fries 130 cal Chili Beans 125 cal	27 ORANGE CHICKEN 150 cal Steamed Rice 160 cal Steamed Broccoli 30 cal Carrot Sticks 21 cal Cucumber Coins 9 cal	28 CHEESY GARLIC BREADSTICK 100 cal Mac & Cheese 519 cal Mixed Vegetables 45 cal Carrot Sticks 21 cal	29 TERIYAKI DUNKERS 216 cal Steamed Rice 160 cal Zucchini Coins 11 cal Carrot Sticks 21 cal	30 PARMESAN CRUSTED GRILLED CHEESE SANDWICH 720 cal WGR Galaxy Cheese Pizza 280 cal Romaine Salad 3 cal Cucumber Coins 9 cal

Served every day:

FRESH FRUIT · 1% White Milk · Nonfat Chocolate Milk

Menu data from Bassett Unified School District, drawn by schoolmenuapp.com. Menu subject to change.
Calories are per serving, as Bassett Unified School District publishes them.