

Roosevelt Elementary

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Chicken Alfredo Pasta** 289 cal
 - Pasta Alfredo 334 cal
 - Whole Grain Breadstick 80 cal
 - Caesar Side Salad 170 cal
 - Carrot Sticks 25 cal

- 6**
- Chicken Fajita Soft Tacos** 327 cal
 - Nachos with Beans and Cheese 490 cal
 - Cucumber Coins 9 cal
 - Shredded Lettuce 3 cal
 - Diced Red Tomatoes 4 cal
 - Salsa 39 cal

- 7**
- Teriyaki Chicken Rice Bowl** 451 cal
 - Baked Teriyaki Tofu 297 cal
 - over
 - Steamed Brown Rice 103 cal
 - Garden Salad 22 cal
 - Jicama Sticks 25 cal

- 1**
- Hamburger** 298 cal
 - or
 - Cheeseburger 353 cal
 - Veggie Burger 290 cal
 - Chicken Caesar Salad 296 cal
 - with
 - Whole Grain Dinner Roll 149 cal
 - Tater Tots 111 cal
 - Burger Topping 8 cal
 - Sliced Red Onion 6 cal

- 2**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese 216 cal
 - Boneless Wings 270 cal
 - with
 - Freshly Baked Biscuit 210 cal
 - Celery Sticks 10 cal
 - Caesar Side Salad 172 cal

- 8**
- BBQ Beef Riblet** 200 cal
 - on Whole Wheat Hamburger Bun 150 cal
 - Veggie Burger 290 cal
 - Southwest Chicken Caesar Salad 456 cal
 - with
 - Whole Grain Dinner Roll 149 cal
 - Crinkle Cut Sweet Potato Fries 169 cal
 - Creamy Cole Slaw 40 cal

- 9**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese 216 cal
 - Cheese Quesadilla 430 cal
 - with
 - Pico de Gallo 3 cal
 - Celery Sticks 10 cal
 - Caesar Side Salad 172 cal

No menu published

- 13**
- Nachos with Beef & Cheese** 465 cal
 - Hand Rolled Bean & Tillamook Cheese Burrito 386 cal
 - with
 - Salsa 39 cal
 - Garden Side Salad 20 cal
 - Celery Sticks 10 cal

- 14**
- Miller's Local All Beef Hot Dog** 370 cal
 - Crinkle Cut French Fries 81 cal
 - Tofu Caesar Wrap 611 cal
 - Creamy Cole Slaw 40 cal
 - Jicama Sticks 25 cal

- 15**
- Hamburger** 298 cal
 - Cheeseburger 353 cal
 - or
 - Veggie Burger 290 cal
 - Chicken Fajita Salad 455 cal
 - with
 - Whole Grain Dinner Roll 149 cal
 - Tater Tots 111 cal
 - Burger Topping 8 cal
 - Sliced Red Onion 6 cal

- 16**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese 216 cal
 - Boneless Wings 270 cal
 - and
 - Freshly Baked Biscuit 210 cal
 - Caesar Side Salad 170 cal
 - Carrot Sticks 25 cal

- 19**
- Breaded Chicken Tender** 255 cal
 - with Dipping Sauce and Baked Biscuit 190 cal
 - Grilled Cheese Sandwich 252 cal
 - Three Bean Salad 102 cal
 - Cherry Tomatoes 22 cal

- 20**
- Beefy Mac** 345 cal
 - Bean & Queso Blanco Quesadilla 269 cal
 - with
 - Salsa 36 cal
 - Celery Sticks 10 cal
 - Garden Salad 22 cal

- 21**
- Fish and Chips** 221 cal
 - Vegetarian Chili 247 cal
 - with
 - Crispy Round Tortilla Chips 190 cal
 - Creamy Cole Slaw 40 cal
 - Corn 92 cal

- 22**
- Mary's Chicken Drumstick** 181 cal
 - with BBQ Sauce
 - Whole Grain Dinner Roll 140 cal
 - Mac & Cheese 317 cal
 - with
 - Creamy Cole Slaw 40 cal
 - Cucumber Coins 9 cal

- 23**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese 216 cal
 - Cheese Quesadilla 430 cal
 - with
 - Pico de Gallo 4 cal
 - Caesar Side Salad 170 cal
 - Celery Sticks 10 cal

- 26**
- Spaghetti with All Beef Meat Sauce** 235 cal
 - or
 - Spaghetti with Marinara Sauce and Parmesan Cheese 364 cal
 - with
 - Breadstick 80 cal
 - Vegetarian Taco Salad 473 cal
 - Caesar Side Salad 170 cal
 - Jicama Sticks 25 cal

- 27**
- Posole con Pollo with Tortilla Chips** 443 cal
 - Bean and Cheese Pupusa 290 cal
 - with
 - Salsa 39 cal
 - Cucumber Coins 9 cal
 - Shredded Cabbage 4 cal
 - Radish Wedges 5 cal
 - Diced Red Onion 9 cal

- 28**
- BBQ Pulled Chicken Sandwich** 280 cal
 - Sweet Potato Fries 105 cal
 - Hummus Wrap 485 cal
 - Corn 92 cal
 - Creamy Cole Slaw 40 cal

- 29**
- Teriyaki Beef Dippers** 152 cal
 - or
 - Mediterranean Lemon Pepper Tofu 226 cal
 - with
 - Steamed Brown Rice 103 cal
 - Cherry Tomatoes 22 cal
 - Fresh Broccoli Florets 11 cal

- 30**
- New York Turkey Pepperoni Pizza** 320 cal
 - Pizza New York Cheese 216 cal
 - Boneless Wings 270 cal
 - with
 - Freshly Baked Biscuit 210 cal
 - Carrot Sticks 25 cal
 - Caesar Side Salad 172 cal