

October 2025

Niagara Falls City School District NFHS / Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1		2	3	
		Chicken & Gravy	Pepperoni Pizza	Fish Sand w/g Bun
		Mashed potatoes	Lettuce & Tom Salad	Potatoes O'Brian
		Buttered Corn	Bagged Carrots	Baked Beans
		Chilled Fruit	Chilled Fruit	Chilled Fruit
		NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
6	7	8	9	10
Chicken Patty	Hamburger w/G Bun	Pasta Alfredo	Pepperoni Pizza	Wolverine
Tator Tots	Oven Crisp Fries	w/ Diced Chicken	Lettuce & Tom Salad	Bowl
Mixed Veg Blend	Baked Beans	Buttered Corn	Bagged Carrots	Broccoli & Carrots
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
13	14	15	16	17
	Chicken Tenders	Penne Bolognese	Pepperoni Pizza	Tsted Cheese Sand
NO	Lettuce & Tom Salad	w/ Dinner Roll	Lettuce & Tom Salad	Tomato Soup
SCHOOL	Green Beans	Lettuce & Tom Salad	Bagged Carrots	Broccoli & Carrots
Columbus Day	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
20	21	22	23	24
Hot Dog W/G Bun	Pasta	Fiesta Nachos	Pepperoni Pizza	Beef Taco
Chili Con Carne	W/Meat Sauce	(paper boats)	Lettuce & Tom Salad	Lettuce & Tom Cup
Green Beans	Buttered Carrots	Corn & Black Beans	Bagged Carrots	Corn & Black Beans
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
27	28	29	30	31
Chicken & Gravy	Beef Mac & Tom	Buffalo Chicken Wrap	Pepperoni Pizza	Fish Sand w/g Bun
Mashed Potatoes	Goulash (elbows)	Oven Crisp Fries	Lettuce & Tom Salad	Potatoes O'Brian
Buttered Corn	Mixed Veg Blend	Broccoli & Carrots	Bagged Carrots	Baked Beans
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice

*** Harvest of the Month served every Thursday - September "Cabbage" ***

* Milk includes 1%, fat free & flavored fat free

* All bread items are whole wheat or whole grain

* Under the Community Eligibility Provision of the USDA, All NFCSD Students receive a meal at no charge for both Breakfast and Lunch (Menus Subject to Change)

October 2025 Halal Menu

Niagara Falls City School District NFHS / Prep Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Chicken & Gravy	Cheese Pizza	Fish Sand w/g Bun
		Mashed potatoes	Lettuce & Tom Salad	Potatoes O'Brian
		Buttered Corn	Bagged Carrots	Baked Beans
		Chilled Fruit	Chilled Fruit	Chilled Fruit
		NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
6	7	8	9	10
Chicken Patty	Gardenburger W/G Bun	Pasta Alfredo	Cheese Pizza	Wolverine
Tator Tots	Oven Crisp Fries	w/ Diced Chicken	Lettuce & Tom Salad	Bowl
Mixed Veg Blend	Baked Beans	Buttered Corn	Bagged Carrots	Broccoli & Carrots
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
13	14	15	16	17
	Chicken Tenders	Penne Marinara	Cheese Pizza	Tsted Cheese Sand
NO	Lettuce & Tom Salad	w/ Dinner Roll	Lettuce & Tom Salad	Tomato Soup
SCHOOL	Green Beans	Lettuce & Tom Salad	Bagged Carrots	Broccoli & Carrots
Columbus Day	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
20	21	22	23	24
Hot Dog W/G Bun	Pasta	Fiesta Veggie Nachos	Cheese Pizza	Veggie Taco
Vegetarian Chili	w/Marinara Sauce	(paper boats)	Lettuce & Tom Salad	Lettuce & Tom Cup
Green Beans	Buttered Carrots	Corn & Black Beans	Bagged Carrots	Corn & Black Beans
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice
27	28	29	30	31
Chicken & Gravy	Beef Mac & Tom	Vegetarian Wrap	Cheese Pizza	Fish Sand w/g Bun
Mashed Potatoes	Goulash (elbows)	Oven Crisp Fries	Lettuce & Tom Salad	Potatoes O'Brian
Buttered Corn	Mixed Veg Blend	Broccoli & Carrots	Bagged Carrots	Baked Beans
Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit	Chilled Fruit
NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice	NYS Milk Choice

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