

# October 2025

# COMANCHE HIGH SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

6  
PEPPERONI PIZZA  
OR  
CHEESEBURGER MACARONI ROLL  
BABY CARROTS  
GREEN BEANS  
FRUIT  
COOKIE & MILK

7  
CORN DOG  
OR  
CHEESEBURGER HAMBURGER GARNISH  
OVEN FRIES  
TOMATO CUP  
FRUIT  
MILK

8  
NACHOS GRANDE  
OR  
QUESADILLA  
SALSA / REFRIED BEANS  
CUCUMBERS  
FRUIT  
ICE CREAM CUP  
MILK

9  
CHICKEN SANDWICH  
OR  
SPAGHETTI BOWL  
BREADSTICKS  
FRESH VEGGIE CUP  
SALAD  
FRUITY GELATIN  
MILK

10  
ASIAN STIR-FRY  
FLATBREAD  
OR  
BREADED PORK CHOP  
GRAVY / ROLL  
CHEESY BROCCOLI  
CORN  
FRUIT & MILK

13  
**STAFF DEVELOPMENT DAY**

14  
RANCHERO WRAP  
OR  
POPCORN CHICKEN ROLL  
CORN  
BROCCOLI SALAD  
SNOWBALL SALAD  
COOKIE & MILK

15  
CHICKEN ALFREDO  
BREADSTICKS  
OR  
FRENCH BREAD PIZZA  
MARINARA SAUCE  
SALAD  
CALIFORNIA BLEND VEGGIE  
FRUIT & MILK

16  
TEX-MEX STACK  
OR  
CHICKEN FAJITAS  
SPANISH RICE  
SALSA / REFRIED BEANS  
BABY CARROTS  
HOT CINNAMON APPLES  
SHERBET CUP & MILK

17  
STEAK GRAVY  
OR  
FISH STICKS  
MASHED POTATOES  
OKRA  
ROLL  
FRUIT & MILK

20  
CHICKEN ENCHILADA  
OR  
QUESADILLA  
TORTILLA CHIPS  
REFRIED BEANS  
SALAD / SALSA  
FRUIT  
PUDDING & MILK

21  
BBQ ON BUN  
OR  
X-TREME BURRITO  
STREET CORN  
CUCUMBERS  
FRUIT  
PB RICE KRISPIE TREAT  
MILK

22  
CHEESEBURGER / CHIPS  
HAMBURGER GARNISH  
OR  
CHEESE PIZZA  
TOMATO CUP  
STEAMED BROCCOLI  
FRUIT  
MILK

23  
TUNA SANDWICH  
W/ TATER TOTS  
OR  
CHICKEN -N- WAFFLES  
HASHBROWN  
FRESH VEGGIE CUP  
FRUIT  
MILK

24  
CHICKEN NUGGETS  
MAC & CHEESE  
OR  
TANGERINE CHICKEN  
BROWN RICE / EGG ROLL  
BABY CARROTS  
SQUASH  
FRUIT & MILK

27  
BREADED DRUMSTICK  
OR  
CHICKEN SPAGHETTI  
BREADSTICKS  
SALAD  
TOMATO CUP  
FRUIT  
MILK

28  
CHEESY BREADSTICKS  
OR  
PIZZA POCKETS  
MARINARA SAUCE  
SALAD  
FRUIT  
MILK

29  
WALKING TACO  
OR  
TURKEY & CHEESE SANDWICH  
CHARRO BEANS  
FRESH VEGGIE CUP  
FRUIT  
COOKIE  
MILK

30  
CHEESE PIZZA  
OR  
BONELESS CHICKEN WINGS  
CHIPS  
CELERY STICKS  
BABY CARROTS  
FRUIT  
SHERBET CUP & MILK

31  
CHICKEN PARMESAN  
OR  
STEAK FINGERS  
GRAVY / ROLL  
GREEN BEANS  
CORN  
FRUIT  
MILK

## BREAKFAST

MONDAY:  
SAUSAGE, EGG & CHEESE  
CROISSANT

TUESDAY:  
BREAKFAST PIZZA  
OATMEAL

WEDNESDAY:  
SAUSAGE  
BISCUIT  
EGG  
GRAVY  
JELLY

THURSDAY:  
FRENCH TOAST  
YOGURT  
BACON  
SYRUP

FRIDAY:  
BREAKFAST BURRITO

EVERYDAY:  
CEREAL  
JUICE  
MILK  
CHEESE STICK  
FRUIT

"THIS PROVIDER IS AN  
EQUAL OPPORTUNITY  
PROVIDER."