

Howard Beach OAC October 2026 Menu *(Menu is subject to change)*

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 • Chicken Shawarma • Plain Pita • Roasted Potatoes • Romaine, Kale, Pepper, Black Olive, and Feta Salad • Pear • 1% Low Fat Milk	October 2 • Parmesan Backed Fish • Basic Pasta Salad • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Orange • 1% Low Fat Milk
October 5 • A Nice Vegetable Soup • Brown Rice and Black Beans • Beet Salad • Nectarine • 1% Low Fat Milk	October 6: Norway no • Kjøttkaker (Norwegian Meatballs) • Brunsaus (Cream Gravy) • Kokte Poteter (Boiled Potatoes) • Gulrøtter (Baby Carrots and Parsley) li • Tangerines • 1% Low Fat Milk	October 7 • Beef Soup • BBQ Pork Chops • Whole Wheat Pita • Kale Salad with Beats and Apple • Potato Salad • Apple • 1% Low Fat Milk	October 8 • Brown Stew Chicken • Caribbean Rice and Red Beans • Whole Wheat Bread • Caribbean Style Roasted Cabbage with Carrots • Honeydew • 1% Low Fat Milk	October 9 • Oven Fried Fish • Whole Wheat Bread • Home Fries with Peppers and Onions • Spinach, Apple and Red Onion Salad • Graipefruite • 1% Low Fat Milk
October 12 • Tasty Whole Wheat Lo Mein with Edamame • Whole Wheat Bread • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Pear • 1% Low Fat Milk	October 13: Scotland SC • Scottish Fish Supper (Baked White Fish) • Chips (Thick-Cut Roasted Potatoes) • Mushy Peas (Mashed Green Peas) • Fresh Berries • 1% Low Fat Milk	October 14 • Oven Fried Chicken Wings • Baked Macaroni and Cheese • Cornbread • Arugula Salad with Roasted Beets Carrots and Chickpeas • Orange • 1% Low Fat Milk	October 15 • Pork Spare Ribs • Springtime Fried Brown Rice • Sauteed Bok Choy with Garlic • Mango • 1% Low Fat Milk	October 16 • Sweet Orange Salmon • Brown Rice and Red Beans • Spinach, Apple and Red Onion Salad • Orange • 1% Low Fat Milk

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October 19 • Black Bean Soup • Brown Rice with Kidney Beans • Beet, Arugula and Feta Salad • Peach • 1% Low Fat Milk	October 20: Kenya KE • Kuku Choma (Kenyan BBQ Chicken) • Ugali (The Ultimate Healthy Cornbread) • Sukuma Wiki (Steamed Collard Greens) • Kachumbari (Fresh Tomato and Onion Salad) • Apple • 1% Low Fat Milk	October 21 • Beef Stew • Whole Wheat Bread • Arugula with Balsamic Vinaigrette • Garlic Mashed Potatoes • Grapes • 1% Low Fat Milk	October 22 • Baked Breaded Pork • Spanish Brown Rice and Beans • Tex-Mex Barley, Corn, and Black Bean Salad • Watermelon • 1% Low Fat Milk	October 23 • Broccoli and Potato Soup • Tuna Salad with Eggs • Whole Wheat Hamburger Bun • Cabbage and Beet Salad • Banana • 1% Low Fat Milk
October 26 • Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) • Tropical Black Bean Stew • Whole Wheat Bread • Garden Salad • Plums • 1% Low Fat Milk	October 27: Thailand TH • Neua Pad Prik (Thai Beef and Peppers) • Bamee (Egg Noodles) • Yum Phak (Asian Greens Salad) • Watermelon • 1% Low Fat Milk	October 28 • Chicken Soup with Vegetables • Light Egg Salad with Lettuce • Classic Garlic Bread • Sweet Beet Salad • Apple • 1% Low Fat Milk	October 29 • Chicken Salad • Whole Wheat Pita • Tossed Salad with Black Beans and Dressing • Banana • 1% Low Fat Milk	October 30 • Baked Salmon with Lemon, Tarragon and Thyme • Whole Wheat Bread • Mashed Potatoes • Steamed Broccoli • Orange • 1% Low Fat Milk