



October 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
AM Snack			Biscuits, Jelly, Mango, and Milk	Blueberry Bagels, Cream Cheese, Peaches, and Milk	Whole Grain Cereal, Banana, and Milk
Lunch			Turkey and Cheese Wraps, Lima Beans, Pineapples, and Milk	Beef Tacos, Pinto Beans, Pears, and Milk	Cheeseburger, Potato Wedges, Baked Apples, and Milk
PM Snack			Yogurt, Apple Slices, and Water	Baked Cheese Squares and 100% Fruit Juice	Graham Crackers, Sunbutter, and Water
	6	7	8	9	10
AM Snack	Nutrigrain Bar, Blueberries, and Milk	Turkey Sausage, Biscuit, and Milk	Oatmeal, Baked Apples, and Milk	English Muffins with Jelly, Apple Sauce, and Milk	Whole Grain Cereal, Mango, and Milk
Lunch	Chicken Alfredo, Steamed Broccoli, Peaches, and Milk	Chicken Nuggets, Whole Wheat Roll, Peas and Carrots, Mandarin Oranges, and Milk	Mac and Cheese, Mixed Vegetables, Tropical Fruit, and Milk	Red Beans and Rice, Green Beans, Pears, and Milk	Fish Nuggets, Whole Wheat Roll, Potato Wedges, Applesauce, and Milk
PM Snack	Yogurt, Applebread, and Water	Chex Mix and 100% Fruit Juice	Fig Newton, Craisins, and Water	Goldfish Crackers and 100% Fruit Juice	Carrots with Ranch, Veggie Crackers, and Water
	13	14	15	16	17
AM Snack	Yogurt, Banana, and Milk	French Toast, Mangos, and Milk	Blueberry Bagels, Cream Cheese, Pineapple, and Milk	Pancakes, Applesauce, and Milk	Whole Grain Cereal, Blueberries, and Milk
Lunch	Beef Mac, Peas and Carrots, Baked Apples, and Milk	Sunbutter and Jelly Sandwich, Tater Tots, Tropical Fruit, and Milk	Chicken and Rice, Mixed Vegetables, Mandarin Oranges, and Milk	Spaghetti with Beef Crumbles, Green Beans, Peaches, and Milk	Sausage Biscuits, Sweet Potatoes, Pears, and Milk
PM Snack	Muffins, Craisins, and Water	Baked Cheese Squares and 100% Fruit Juice	Veggie Crackers, Cheese Sticks, and Water	Animal Crackers and 100% Fruit Juice	Apple Slices, Sunbutter, and Water
	20	21	22	23	24
AM Snack	Nutrigrain Bar, Mandarin Oranges, and Milk	Cheese Toast, Bananas, and Milk	Biscuits, Jelly, Mango, and Milk	Muffins, Applesauce, and Milk	Whole Grain Cereal, Blueberries, and Milk
Lunch	Manwich Sandwich, Green Beans, Tropical Fruit, and Milk	Meatloaf, Whole Wheat Roll, Baked Beans, Baked Apples, and Milk	Turkey and Cheese Sliders, Potato Wedges, Pears, and Milk	Cheese Tortellini, Peas, Peaches, and Milk	Chicken Nuggets, Whole Wheat Roll, Sweet Potato Tots, Pineapple, and Milk
PM Snack	Cheese Sticks, Ritz Crackers, and Water	Mixed Berry Animal Crackers and 100% Fruit Juice	Graham Crackers, Sunbutter, and Water	Rice Cakes and 100% Fruit Juice	Fig Newton, Craisins, and Water
	27	28	29	30	31
AM Snack	Yogurt, Mandarin Oranges, and Milk	English Muffins with Jelly, Baked Apples, and Milk	Waffles, Mango, and Milk	Cheese Toast, Blueberries, and Milk	Whole Grain Cereal, Applesauce, and Milk
Lunch	Spaghetti with Beef Crumbles, Peas and Carrots, Tropical Fruit, and Milk	Grilled Cheese Sandwich, Mixed Vegetable Soup, Peaches, and Milk	Mac and Cheese, Green Beans, Pears, and Milk	Chicken and Rice, Lima Beans, Mandarin Oranges, and Milk	Cheese Pizza, Carrots, Pineapple, and Milk
PM Snack	Carrots with Ranch, Veggie Crackers, and Water	Goldfish Crackers and 100% Fruit Juice	Apple Slices, Sunbutter, and Water	Chex Mix and 100% Fruit Juice	Cheese Slices, Saltine Crackers, and Water