



OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items PURPLE = Infant/Toddler Alternative



	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk - Whole Milk	WG Oatmeal Bar, 1% Milk - Whole Milk	WG Cereal, 1% Milk - Whole Milk	WG Blueberry Loaf, 1% Milk, Whole Milk
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla, Diced Pears, 1% Milk	Grilled Chicken Nuggets , WG Pasta , Sweet Peas, 1% Milk	Cheeseburger on WG Bun , Diced Peaches, 1% Milk	WG Pizza Muffin, Diced Carrots, , 1% Milk
PM Snack	Chef's Choice Day	Graham Crackers, Water - Banana Snack Puffs	Animal Crackers, Water	Wheat Thin Crackers, Water - Graham Crackers	Apple Straws, Water Apple/Strawberry Puffs
	5	6	7	8	9
Breakfast	WG Waffles, 1% Milk - Whole Milk	WG Cereal, 1% Milk - Whole Milk	Yogurt, 1% Milk, Whole Milk	WG Banana Loaf, 1% Milk - Whole Milk	WG Cereal, 1% Milk - Whole Milk
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, 1% Milk - Whole Milk	Chicken/Cheese/Ranch Snack Wrap, Corn, 1% Milk, Whole Milk	Chicken Patty, WG Dinner Roll, Diced Pears, 1% Milk, Whole Milk,	WG Cheese Jumbo Ravioli, Sweet Peas, 1% Milk, Whole Milk	Meatloaf, WG Pasta, Mandarin Oranges, 1% Milk - Whole Milk
PM Snack	Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Water - Applesauce	Strawberry Grahams, Water	WG Goldfish, Water	That's It Apple Crunchers, Water WG Graham Crackers
	12	13	14	15	16
Breakfast	WG Oatmeal Bar, 1% Milk, Whole Milk	Banana, 1% Milk, Whole Milk	WG Cereal 1% Milk - Whole Milk	WG Waffle, 1% Milk, Whole Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Elbows, Broccoli, 1% Milk, Whole Milk	Chicken Fajitason WG Tortilla, Diced Pears, 1% Milk - Whole Milk	Grilled Chicken Nuggets, WG Pasta, Diced Carrots, 1% Milk - Whole Milk	Sloppy Joe Sammy , Fruit Cocktail, 1% Milk - Whole Milk	Chef's Choice Day
PM Snack	WG Cheeze Its, Water	WG Oatmeal Cookies, Water,	WG Animal Cookies, Water	WG Townhouse Crackers, Cheese Slice, Water	Chef's Choice Day
	19	20	21	22	23
Breakfast	Cinnamon Raisin Toast, 1% Milk, Whole Milk	WG Cereal, 1% Milk - Whole Milk	WG Oatmeal Cereal Bar, 1% Milk, Whole Milk	WG English Muffin, Sunbutter 1% Milk - Whole Milk	WG Cereal, 1% Milk, Whole Milk
Lunch	Cheese Sandwich on WG Bread, Diced Peaches 1% Milk, Whole Milk	Chicken Teriyaki Wrap, Mandarin Oranges, 1% Milk, Whole Milk	Chicken, WG Pasta, Gravy, Applesauce, 1% Milk, Whole Milk	Sunbutter & Jelly Sammy on WG Bread, Corn, 1% Milk - Whole Milk	Philly Cheesesteak WG Roll, Pineapples 1% Milk - Whole Milk
PM Snack	WG Stawberry Grahams, Water	Vanilla Wafers, Water	WG Soft Pretzel Bites, Water	WG Goldfish, Water	WG Vanilla Bear Graham, Water
	26	27	28	29	30
Breakfast	Chef's Choice Day	WG Cereal, 1% Milk, Whole Milk	WG Bagel with Sunbutter 1% Milk - Whole Milk	WG Cereal 1% Milk - Whole Milk	WG Apple Cinnamon Loaf, 1% Milk, Whole Milk
Lunch	Chef's Choice Day	Chicken Fajitas on WG Tortilla, Diced Pears, 1% Milk - Whole Milk	Cheese Sandwich, Diced Carrots, 1% Milk - Whole Milk	WG Chicken Drumsticks, Applesauce, 1% Milk - Whole Milk	Mac N Cheese with WG Elbows, Diced Peaches 1% Milk, Whole Milk
PM Snack	Chef's Choice Day	WG Animal Crackers, Water,	WG Rice Cake, Graham Cracker, Water	WG Oatmeal Cookies, Water	Veggie Straws, Water - Banana Snack Puffs

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.