



OCTOBER MENU- 2026

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



	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2
Breakfast	Chef's Choice Day	WG Cereal, Peaches 1% Milk - Whole Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk - Whole Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk - Whole Milk	WG Mini Bagel, Cream Cheese, Pears, 1% Milk, Whole Milk
Lunch	Chef's Choice Day	Sloppy Joe Sammy (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk - Whole Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Pineapple Tibits, Sweet Peas, 1% Milk - Whole Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk - Whole Milk	WG Elbow Pasta, Mixed Veggies, Applesauce, 1% Milk, Whole Milk
PM Snack	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, Water - Banana Snack Puffs	Goldfish, Mandarins, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water - WG Toasted Oats & Applesauce	That's It Apple/Banana Fruit Bar, Animal Crackers
	5	6	7	8	9
Breakfast	WG French Toast Sticks, Berries 1% Milk - Whole Milk	WG Rice Cereal, Bananas, 1% Milk - Whole Milk	WG Cereal Oatmeal Bar, Applesauce 1% Milk, Whole Milk	WG Banana Loaf, Mandarins, 1% Milk - Whole Milk	WG Shredded Wheat Cereal, Berries, 1% Milk - Whole Milk
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Sweet Potato Fries, 1% Milk - Whole Milk	Chicken Teriyaki , Pineapple Tibits, Corn, 1% Milk, Whole Milk	WG Pizza Cheese Stix, Mixed Veggies, Diced Pears, 1% Milk, Whole Milk, Cheese on WG Bread	Alfredo Chicken, Sweet Peas, Peaches, 1% Milk, Whole Milk	Grilled Cheese Sandwich, Tomato Soup, Mandarin Oranges, 1% Milk - Whole Milk
PM Snack	Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce	Goldfish, Applesauce, Water	Yogurt, Strawberries, Water	That's It Apple Crunchers, WG Graham Crackers
	12	13	14	15	16
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	WG Waffle, Berry Mix, 1% Milk, Whole Milk	WG Cereal 1% Milk - Whole Milk	Yogurt, Blueberries, 1% Milk, Whole Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Corn, 1% milk - Whole Milk	Sloppy Joe Sammy , (Vegan Griller) Mixed Veggies, Pineapple Tibits, 1% Milk - Whole Milk	Chef's Choice Day
PM Snack	WG Graham Crackers , Yogurt, Water - Banana Snack Puffs	WG Vanilla Bear Graham, Pears, Water	Apple Slices, Sunbutter, Graham Cracker, Applesauce, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water	Chef's Choice Day
	19	20	21	22	23
Breakfast	WG Waffles, Apple Sauce, 1% Milk, Whole Milk	WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	WG Oatmeal Cereal Bar, Mandarins, 1% Milk, Whole Milk	WG French Toast Sticks, Berries 1% Milk - Whole Milk	WG Cereal, 1/2 Banana, 1% Milk, Whole Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk	Chicken Teriyaki (Vegan Crumbles), Broccoli, Mandarin Oranges, 1% Milk, Whole Milk	Chicken (Vegan Nuggets) Mashed Potato Bowl, Gravy, Tropical Fruit, 1% Milk, Whole Milk	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk	Philly Cheesesteak (Vegan Griller) WG Roll, Potato Coins, Pineapples 1% Milk - Whole Milk
PM Snack	WG All Sport Bites, Mandarin Oranges, Water - Banana Snack Puffs	That's It Apple/Banana Fruit Bar, Water	WG Soft Pretzel Rod, Applesauce, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	WG Vanilla Bear Graham, Pears Water
	26	27	28	29	30
Breakfast	Chef's Choice Day	WG Waffle, Berry Mix, 1% Milk, Whole Milk	WG Cereal 1% Milk - Whole Milk	WG Cereal 1% Milk - Whole Milk	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	WG Pizza, Greenbeans, Diced Pears 1% Milk, Whole Milk
PM Snack	Chef's Choice Day	Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	Townhouse Crackers, American Cheese Slice, Water	Yogurt, Banana, 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.