



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	WG Toast, Sun Butter, Whole or 1 % Milk	WG Mini Bagel, Cream Cheese, Blueberries, Whole or 1% Milk	WG Cereal Oatmeal Bar, Applesauce, Whole Or 1% Milk	WG French Toast Sticks, 1/2 Banana, Whole or 1% Milk	WG Blueberry Muffin, Pears, Whole or 1% Milk
Lunch	WG Penne Alfredo, Broccoli, Mango, Whole or 1% Milk	Taco Bowl, Brown Rice, Pears, Green Beans, Whole or 1% Milk	WG Chicken Nuggets, Dinner Roll, Tropical Fruit, Peas, Whole or 1% Milk	Cheeseburger on WG Bun, Potato Coins, Peaches, Whole or 1% Milk	WG Pizza, Carrots, Mandarin Oranges, Whole or 1% Milk
PM Snack	Strawberry Yogurt Chex Mix, Water	Vanilla Wafers, Yogurt, Water	WG Pita, Hummus, Water	Wheat Thin Crackers, String Cheese, Water	Animal Crackers, Applesauce, Water
Breakfast	5 Yogurt, Mangos, WHole or 1% Milk	6 WG Cornflakes, Strawberries, WHole or 1% Milk	7 WG Waffles, Baked Apples, WHole or 1% Milk	8 WG Banana Muffin, Blueberries, WHole or 1% Milk	9 WG Cheerios, 1/2 Banana, WHole or 1% Milk
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, WHole or 1% Milk	Chicken/Cheese/Ranch Snack Wrap, Green Beans, Peaches, Whole or 1% Milk	WG Chicken Patty, Dinner Roll, Carrots, Pears, WHole or 1% Milk	WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Meatloaf, Dinner Roll, Mandarin Oranges, Mashed Potatoes, WHole or 1% Milk
PM Snack	Townhouse Crackers, Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water - Graham Crackers	Townhouse Crackers, Cheese Slice, Water	Cucumber Slices, Tzatziki Dip, Water - Cucumber Spears	Applesauce, Water, WG Graham Crackers
Breakfast	12 WG Apple Cinnamon Muffin, Tropical Fruit, Whole or 1% Milk	13 WG Waffle, Berry Mix, WHole or 1% Milk	14 WG Cornflakes, Whole or 1% Milk	15 Yogurt, Blueberries, Whole or 1% Milk	Nutrigrain Bar, Fresh Oranges, Whole or 1% Milk
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches, Whole or 1% Milk	Chicken Fajitas on WG Tortilla, Potato Coins, Diced Pears, WHole or 1% Milk	WG Chicken Nuggets, Dinner Roll, Applesauce, Carrots, Whole or 1% Milk	Sloppy Joe Sandwich on WG Bun, Mixed Veggies, Tropical Fruit, Whole or 1% Milk	Cheese Pizza, Salad, Dragon Fruit, Whole or 1% Milk
PM Snack	WG Pizza Crackers, Mandarin Oranges, Water	Baby Carrots w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Applesauce, Water	Fresh Apple Slices, String Cheese, Water - Applesauce	Vanilla Wafer, Banana, Water
Breakfast	19 Cinnamon Raisin Toast, Tropical Fruit, WHole or 1% Milk	20 WG Cheerios 1/2 Banana, WHole or 1% Milk	21 WG Oatmeal Cereal Bar, 1/2 Orange, WHole or 1% Milk	22 WG French Toast Sticks, Berries WHole or 1% Milk	23 WG Cornflakes, 1/2 Banana, WHole or 1% Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches WHole or 1% Milk	Chicken Teriyaki Wrap, Broccoli, Mandarin Oranges, Whole or 1% Milk	Chicken Mashed Potato Bowl, Dinner Roll, Gravy, Tropical Fruit, Whole or 1% Milk	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Whole or 1% Milk	Philly Cheesesteak WG Roll, Potato Coins, Pineapples, WHole or 1% Milk
PM Snack	WG All Sport Bites, Mandarin Oranges, Water - Banana Snack Puffs	Fig Newton Fruit Bar, Water	WG Soft Pretzel Rod, Applesauce, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	WG Bear Grahams, Pears Water
Breakfast	26 Bagel with Cream Cheese, Banana, Milk	27 WG Waffle, Berry Mix, Milk	28 WG Cereal Milk	29 WG Cereal Bar, Milk	WG Apple Cinnamon Muffin, Tropical Fruit, Milk
Lunch	Tomato Soup with Crackers, Cheese Toast, Mandrain Oranges, Milk	Chicken and Rice Bowl on WG Tortilla, Black Beans, Diced Pears, Milk	WG Chicken Sammy, Apples, Diced Carrots, Milk	WG Chicken Drumsticks, Applesauce, Diced Carrots, Milk	Mac N Cheese with WG Elbows, Broccoli, Peaches, Milk
PM Snack	Berry Crackers with String Cheese, Water	Pretzels with Hummus, Water, WG Toasted Oats	Oatmeal Cookies, Diced Mangors, Water	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	WG Pizza Crackers, Mandarin Oranges, Water

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.