



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	Pancake w/ Syrup, Pineapple, 1% Milk - Whole Milk	WG English Muffin w/ Applebutter, Mixed Fruit 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 Blueberry Loaf, Diced Pears, 1% Milk, Whole Milk
Lunch	Mac N Cheese with WG Elbows, Diced Peaches, Peas, 1% Milk - Whole Milk	Meatloaf (Vegetarian Griller), Diced Pears, Carrots, 1% Milk - Whole Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Peas & Carrots, 1% Milk - Whole Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk - Whole Milk	WG Pizza, Diced Carrots, Fruit Mix, 1% Milk, Whole Milk
PM Snack	That's It Crunchers, Animal Crackers, Water	Goldfish, String Cheese, Water - Banana Snack Puffs	Cucumber Slices, Hummus, Water - Diced Cucumber	Wheat Thin Crackers, Mozzarella String Cheese, Water - WG Toasted Oats & Applesauce	That's It Apple/Banana Fruit Bar, Graham Crackers, Water
Breakfast	5 WG French Toast Sticks, Berries 1% Milk - Whole Milk	6 WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk	7 Diced Mangoes, Yogurt, 1% Milk, Whole Milk	8 WG Banana Loaf, Blueberries, 1% Milk - Whole Milk	9 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk	Chicken/Cheese/Ranch Snack Wrap (Cheese), Mandarin Oranges, Corn, 1% Milk, Whole Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk, Whole Milk, Cheese on WG Bread	WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Meatloaf (Vegan Crumbles), Mandarin Oranges, Mashed Potatoes, 1% Milk - Whole Milk
PM Snack	Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	That's It Apple Crunchers, WG Graham Crackers
Breakfast	12 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	13 WG Waffle, Berry Mix, 1% Milk, Whole Milk	14 WG Cereal, Pineapple 1% Milk - Whole Milk	15 Yogurt, Blueberries, 1% Milk, Whole Milk	16 Chef's Choice Day
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk	Chicken Teriyaki (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	Sloppy Joe Sammy, (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk	Chef's Choice Day
PM Snack	WG Pizza Crackers, Mandarin Oranges, Water - Banana Snack Puffs	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	WG Graham Cracker, Mozzarella String Cheese, Water	Chef's Choice Day
Breakfast	19 Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk	20 WG Cereal, Pineapple, 1% Milk - Whole Milk	21 WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk	22 WG French Toast Sticks, Berries 1% Milk - Whole Milk	23 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, Fruit Cocktail, 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, Diced Mango, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	WG Vanilla Bear Graham, Pears Water
Breakfast	26 Chef's Choice Day	27 WG Waffle, Berry Mix, 1% Milk, Whole Milk	28 WG Cereal 1% Milk - Whole Milk	29 WG Cereal 1% Milk - Whole Milk	30 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk
PM Snack	Chef's Choice Day	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	Townhouse Crackers, American Cheese Slice, Water	WG Pizza Crackers, Mandarin Oranges, 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.