



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 Banana Muffin, Strawberries, Milk	WG Mini Bagel, Cream Cheese, Blueberries, Milk	WG Cereal Oatmeal Bar, Applesauce, Milk	WG French Toast Sticks, 1/2 Banana, Milk	WG Blueberry Muffin, Pears, Milk
Lunch	Mac N Cheese with WG Elbows, Mixed Vegetables, Pineapple, Milk	Beef Tacos on WG Tortilla, Pears, Green Beans, Milk	WG Chicken Nuggets, Dinner Roll, Tropical Fruit, Peas, Milk	Cheeseburger on WG Bun, Potato Coins, Peaches, Milk	WG Pizza, Carrots, Mandarin Oranges, Milk
PM Snack	Nilla Wafers, Fruit Cup, Water	Graham Crackers, Yogurt, Water	Cucumber Spears, Hummus, Water	Wheat Thin Crackers, String Cheese, Water	Animal Crackers, Craisins, Water
	5	6	7	8	9
Breakfast	Yogurt, Mangos, Milk	WG Cereal, Strawberries, Milk	WG Waffles, Baked Apples, Milk	WG Banana Loaf, Blueberries, Milk	WG Cereal, 1/2 Banana, Milk
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk	Chicken/Cheese/Ranch Snack Wrap, Green Beans, Peaches, 1% Milk	WG Chicken Patty, Dinner Roll, Carrots, Pears, Milk	WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Meatloaf, Dinner Roll, Mandarin Oranges, Mashed Potatoes, 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	That's It Apple Crunchers, WG Graham Crackers
	12	13	14	15	16
Breakfast	WG Apple Cinnamon Loaf, Tropical Fruit, Milk	WG Waffle, Berry Mix, Milk	WG Cereal, Milk	Yogurt, Blueberries, Milk	Nutrigrain Bar, Fresh Oranges, Milk
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches, Milk	Chicken Fajitas on WG Tortilla, Potato Coins, Diced Pears, Milk	WG Chicken Nuggets, Dinner Roll, Applesauce, Carrots, Milk	Sloppy Joe Sandwich on WG Bun, Mixed Veggies, Tropical Fruit, Milk	Cheese Pizza, Chef Salad, Dragon Fruit, 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	Pudding, Wafers, Water
	19	20	21	22	23
Breakfast	Cinnamon Raisin Toast, Tropical Fruit, Milk	WG Cereal, 1/2 Banana, Milk	WG Oatmeal Cereal Bar, 1/2 Orange, Milk	WG French Toast Sticks, Berries, Milk	WG Cereal, 1/2 Banana, Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches, Milk	Chicken Teriyaki Wrap , Broccoli, Mandarin Oranges, Milk	Chicken Mashed Potato Bowl, Dinner Roll, Gravy, Tropical Fruit, Milk	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk	Philly Cheesesteak WG Roll , Potato Coins, Pineapples, 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 Bear Grahams, Pears, Water
	26	27	28	29	30
Breakfast	Bagel with Cream Cheese, Banana, Milk	WG Waffle, Berry Mix, Milk	WG Cereal, Milk	WG Cereal Bar, Milk	WG Apple Cinnamon Muffin, Tropical Fruit, Milk
Lunch	Tomato Soup with Crackers, Cheese Toast, Mandarin 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 Mangos, 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.