



OCTOBER MENU- 2026

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



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, Blueberries, Milk	WG Cereal Oatmeal Bar, Applesauce, Milk	WG Waffle , 1/2 Banana, Milk	WG Blueberry Muffin, Pears, Milk
Lunch	Chef's Choice Day	Chicken Tacos on WG Tortilla, (VO) Pears, Shredded Lettuce and Cheese , Milk	WG Chicken Nuggets, (VO), Dinner Roll, Tropical Fruit, Peas, Milk	Turkey Burger on WG Bun, (Veggie Patty), Potato Coins, Peaches, Milk	WG Pizza, Carrots, Mix Berries , Milk
PM Snack	Chef's Choice Day	Graham Crackers, Yogurt, Water	Fresh Sliced Apples, Sunbutter, Water	Wheat Thin Crackers, String Cheese, Water	Animal Crackers, That's it Apple Crunchers , Water
	5	6	7	8	9
Breakfast	Yogurt , Peaches, Milk	WG Cereal, Strawberries, Milk	WG Waffles, Mixed Fruit, , Milk	WG Banana Loaf, Blueberries, Milk	WG Cereal, Mixed Fruit, Milk
Lunch	Cheese Quesadilla on WG Tortilla, Applesauce, Corn, Milk	Chicken/Cheese/Ranch Snack Wrap,,(VO), Shredded Lettuce , Peaches, 1% Milk	WG Chicken Patty (VO), WG Bun, Carrots, Pears, Milk	WG Baked Ziti, , Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	Turkey Meatloaf, Dinner Roll, Mandarin Oranges, Mashed Potatoes, Milk
PM Snack	Vanilla Graham Bears, Mixed Fruit, Water	Fresh Apple Slices, Sunbutter, Water	Townhouse Crackers, Cheese Slice, Water	Rice Cake w/ Sunbutter, Water	That's It Apple Crunchers, WG Graham Crackers, Water
	12	13	14	15	16
Breakfast	WG Cereal, , Mixed Fruit, Milk	WG Waffle, Berry Mix, Milk	WG Apple Cinnamon Loaf, Fruit, Milk	Yogurt, Blueberries, Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches, Milk	Chicken Fajitas on (VO), WG Tortilla, Peas, Diced Pears, Milk	WG Chicken Nuggets, (VO), Dinner Roll, Mandarin Oranges, Tossed Salad , Milk	Sloppy Joe Sandwich (VO) on WG Bun, Mixed Veggies, Tropical Fruit, Milk	Chef's Choice Day
PM Snack	WG Graham Crackers, Applesauce, Water	Vanila Graham Bears, Mixed Fruit, Water,	WG Rice Cake, Sunbutter , Water	Fresh Apple Slices, String Cheese, Water - Applesauce	Chef's Choice Day
	19	20	21	22	
Breakfast	WG Toast, Pears , Milk	WG Cereal, 1/2 Banana, Milk	WG Oatmeal Cereal Bar, 1/2 Orange, Milk	WG Waffles, , Mango, Milk	WG Cereal Bar, Fresh Orange Slices , Milk
Lunch	Grilled Cheese on WG Bread, Tomato Soup, Diced Peaches Milk	Chicken BBQ Wrap, (VO) Broccoli, Mandarin Oranges, Milk	Chicken Nuggets, (VO), Mashed Potato Dinner Roll, Tropical Fruit, Milk	Turkey Burger on WG Bun (VO) Blueberries , Corn, Milk	Pizza Sticks w/ sauce, Cauliflower, Strawberries , Milk
PM Snack	WG All Sport Bites, Mandarin Oranges, Water	That's It Apple/Banana Fruit Bar, Yogurt, Water	WG Goldfish, Applesauce, Water	Townhouse Crackers, American Cheese Slice, Water	WG Bear Grahams, Pears Water
	26	27	28	29	30
Breakfast	Chef's Choice Day	WG Waffle, Berry Mix, Milk	WG Cereal , Banana, Milk	WG Cereal Bar, Mixed Fruit, Milk	WG Apple Cinnamon Muffin, Tropical Fruit, Milk
Lunch	Chef's Choice Day	Chicken (VO) and Rice on WG Tortilla, Baked Beans, Diced Pears, Milk	Grilled Cheese on WG Bread, Tomato Soup, Peaches, Milk	WG Chicken Drumsticks (VO), , Pineapple, Diced Carrots, Milk	Mac N Cheese with WG Elbows, Broccoli, Mixed Fruit , Milk
PM Snack	Chef's Choice Day	That's It Apple/Banana Fruit Bar, WG Goldfish , Water	Oatmeal Cookies, Diced Mangos , Water	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	WG 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.