



OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items

RED = Vegetarian Option

PURPLE = Infant/Toddler Alternative



		MONDAY Sept 28	TUESDAY Sept 29	WEDNESDAY Sept 30	THURSDAY 1	FRIDAY 2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 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	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk - Whole Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 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	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, 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, Animal Crackers	
		5	6	7	8	9
Breakfast		WG French Toast Sticks, Berries 1% Milk - Whole Milk	WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk	Diced Mangoes, Yogurt, 1% Milk, Whole Milk	WG Banana Loaf, Blueberries, 1% Milk - Whole Milk	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) Diced Mango, 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	Townhouse Crackers, American or Cheddar Cheese Slice, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	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 Drummies, (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	Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges	Chef's Choice Day
		19	20	21	22	23
Breakfast		Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk	WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	WG Oatmeal Cereal Bar, 1/2 Orange, 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 Wrap (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	
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	WG Chicken Drummies, (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	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, 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.