



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.