

OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items RED = Vegetarian Option PURPLE = Beginner Alternative

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, 1% Milk	WG Cereal Oatmeal Bar, 1% Milk	WG French Toast Sticks, 1% Milk	WG Blueberry Loaf, 1% Milk
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, 1% Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, 1% Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk	WG Pizza, Diced Carrots, Fruit Mix, 1% Milk
PM Snack	Chef's Choice Day	Strawberry Yogurt, Water	Cucumber Slices, Hummus, Water - Diced Cucumber	Wheat Thin Crackers, Water - Applesauce	That's It Apple/Banana Fruit Bar, Water
	5	6	7	8	9
Breakfast	WG French Toast Sticks, 1% Milk	WG Cereal, 1% Milk	Yogurt, 1% Milk	WG Banana Loaf, 1% Milk	WG Cereal, 1% Milk -
Lunch	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk	Chicken/Cheese/Ranch Snack Wrap (Cheese) Diced Mango, Corn, 1% Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk	WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk	Meatloaf (Vegan Crumbles), Mandarin Oranges, Mashed Potatoes, 1% Milk
PM Snack	Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water Applesauce	WG Rice Cake, Sunbutter, Graham Cracker, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	That's It Apple Crunchers, Water
	12	13	14	15	16
Breakfast	WG Apple Cinnamon Loaf, 1% Milk	WG Waffle, 1% Milk	WG Cereal, 1% Milk	Yogurt, 1% Milk	Chef's Choice Day
Lunch	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk	Sloppy Joe Sammy, (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk	Chef's Choice Day
PM Snack	WG Pizza Crackers, Water	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Water	WG Graham Cracker, Water	Chef's Choice Day
	19	20	21	22	23
Breakfast	Cinnamon Raisin Toast, 1% Milk,	WG Cereal, 1% Milk	WG Oatmeal Cereal Bar, 1% Milk	WG French Toast Sticks, 1% Milk	WG Cereal, 1% Milk
Lunch	Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk	Chicken Teriyaki Wrap (Vegan Crumbles), Broccoli, Mandarin Oranges, 1% Milk,	Chicken (Vegan Nuggets) Mashed Potato Bowl, Gravy, Tropical Fruit, 1% Milk	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk	Philly Cheesesteak (Vegan Griller) WG Roll, Potato Coins, Pineapples 1% Milk
PM Snack	WG All Sport Bites, Water	That's It Apple/Banana Fruit Bar, Water	WG Soft Pretzel Rod, Water	Townhouse Crackers, American Cheese Slice, Water	WG Vanilla Bear Graham, Water
	26	27	28	29	30
Breakfast	Chef's Choice Day	WG Waffle, 1% Milk	WG Cereal, 1% Milk	WG Cereal, 1% Milk	WG Apple Cinnamon Loaf, 1% Milk
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk	WG Chicken Drumsticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk
PM Snack	Chef's Choice Day	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Water	Townhouse Crackers, American Cheese Slice, Water	WG Pizza Crackers, 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.					