



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	FRIDAY
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
Breakfast	5 WG French Toast Sticks, Berries 1% Milk - Whole Milk	6 WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk	7 Diced Mangoes, Yogurt, 1% Milk, Whole Milk	8 WG Banana Loaf, Blueberries, 1% Milk - Whole Milk	9 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk
Lunch	10 Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk	11 Chicken/Cheese/Ranch Snack Wrap (WG Cheese) Diced Mango, Corn, 1% Milk, Whole Milk	12 WG Chicken Patty (WG Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk, Whole Milk , Cheese on WG Bread	13 WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk	14 Meatloaf (WG Veggie Crumbles), Mandarin Oranges, Mashed Potatoes, 1% Milk - Whole Milk
PM Snack	15 Townhouse Crackers, American Cheese Slice, Water	16 Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs , Applesauce	17 Townhouse Crackers, American or Cheddar Cheese Slice, Water	18 Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	19 That's It Apple Crunchers, WG Graham Crackers
Breakfast	12 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	13 WG Waffle, Berry Mix, 1% Milk, Whole Milk	14 WG Cereal, 1% Milk - Whole Milk	15 Yogurt, Blueberries, 1% Milk, Whole Milk	16 Chef's Choice Day
Lunch	17 Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk	18 Chicken Fajitas (WG Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	19 WG Chicken Drumsticks, (WG Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	20 Sloppy Joe Sammy, (WG Griller) Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk	21 Chef's Choice Day
PM Snack	22 WG Pizza Crackers, Mandarin Oranges, Water - Banana Snack Puffs	23 Cucumber Slices w/Ranch, Water, WG Toasted Oats	24 WG Rice Cake, Sunbutter, String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges	25 Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges	26 Chef's Choice Day
Breakfast	19 Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk	20 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	21 WG Oatmeal-Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk	22 WG French Toast Sticks, Berries 1% Milk - Whole Milk	23 WG Cereal, 1/2 Banana, 1% Milk, Whole Milk
Lunch	24 Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk	25 Chicken Teriyaki Wrap (WG Crumbles), Broccoli, Mandarin Oranges, 1% Milk, Whole Milk	26 Potato Bowl, Gravy, Tropical Fruit, 1% Milk, Whole Milk	27 Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk	28 Philly Cheesesteak (WG Griller) WG Roll, Potato Coins, Pineapples 1% Milk - Whole Milk
PM Snack	29 WG All Sport Bites, Mandarin Oranges, Water - Banana Snack Puffs	30 That's It Apple/Banana Fruit Bar, Water	31 WG Soft Pretzel Rod, Applesauce, Water - Snack Puffs	32 Townhouse Crackers, American Cheese Slice, Water	33 WG Vanilla Bear Graham, Pears Water
Breakfast	26 Chef's Choice Day	27 WG Waffle, Berry Mix, 1% Milk, Whole Milk	28 WG Cereal, 1% Milk - Whole Milk	29 WG Cereal 1% Milk - Whole Milk	30 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole
Lunch	31 Chef's Choice Day	32 Chicken Fajitas (WG Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk	33 WG Chicken Drumsticks, (WG Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	34 WG Chicken Drumsticks, (WG Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk	35 Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk
PM Snack	36 Chef's Choice Day	37 Cucumber Slices w/Ranch, Water, WG Toasted Oats	38 WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	39 WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	40 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.