



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, Fresh Fruit 1% Milk	WG Cereal Oatmeal Bar, Applesauce, 1% Milk	WG French Toast Sticks, 1/2 Banana, 1% Milk	WG Blueberry Loaf, Diced Pears, 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	Graham Crackers, Strawberry Yogurt, Water	Cucumber Slices, Hummus, Crackers Water - Diced Cucumber	Wheat Thin Crackers, Mozzarella String Cheese, Water - Applesauce	Apple Muffin w/ Fresh Fruit & Water
	5	6	7	8	9
Breakfast	WG French Toast Sticks, Berries 1% Milk	WG Spooner Cereal, Strawberry Slices, 1% Milk	Diced Mangoes, Yogurt, 1% Milk	WG Banana Loaf, Blueberries, 1% Milk	WG Cereal, 1/2 Banana, 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, Applesauce, Water	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, 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	WG Waffle, Berry Mix, 1% Milk	WG Cereal 1% Milk	Yogurt, Blueberries, 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, Mandarin Oranges, Water	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	WG Graham Cracker, Mozzarella String Cheese, Water	Chef's Choice Day
	19	20	21	22	23
Breakfast	Cinnamon Raisin Toast, Tropical Fruit, 1% Milk,	WG Cereal, 1/2 Banana, 1% Milk	WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk	WG French Toast Sticks, Berries 1% Milk	WG Cereal, 1/2 Banana, 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, Mandarin Oranges, Water	That's It Apple/Banana Fruit Bar, Water	WG Soft Pretzel Rod, Applesauce, Water	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	WG Cereal 1% Milk	WG Cereal 1% Milk	WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, 1% Milk	Grilled Cheese on WG Bread, String Beans, Diced Peaches 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, Applesauce, Water	Townhouse Crackers, American Cheese Slice, Water	WG Pizza 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.