



# OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items PURPLE = Infant/Toddler Alternative



|           | MONDAY                                                           | TUESDAY                                                              | WEDNESDAY                                                            | THURSDAY                                                                 | FRIDAY                                                         |
|-----------|------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------|
|           | 28                                                               | 29                                                                   | 30                                                                   | 1                                                                        | 2                                                              |
| Breakfast | WG Banana Muffin, Strawberries, Milk                             | WG Mini Bagel, Cream Cheese, Blueberries, Milk                       | WG Cereal Oatmeal Bar, Applesauce, Milk                              | WG French Toast Sticks, 1/2 Banana, Milk                                 | WG Blueberry Muffin, Pears, Milk                               |
| Lunch     | Mac N Cheese with WG Elbows, Mixed Vegetables, Pineapple, Milk   | Beef Tacos on WG Tortilla, Pears, Green Beans, Milk                  | WG Chicken Nuggets, Dinner Roll, Tropical Fruit, Peas, Milk          | Cheeseburger on WG Bun, Potato Coins, Peaches, Milk                      | WG Pizza, Carrots, Mandarin Oranges, Milk                      |
| PM Snack  | Nilla Wafers, Fruit Cup, Water                                   | Graham Crackers, Yogurt, Water                                       | Cucumber Spears, Hummus, Water                                       | Wheat Thin Crackers, String Cheese, Water                                | Animal Crackers, Craisins, Water                               |
|           | 5                                                                | 6                                                                    | 7                                                                    | 8                                                                        | 9                                                              |
| Breakfast | Yogurt, Mangos, Milk                                             | WG Cereal, Strawberries, Milk                                        | WG Waffles, Baked Apples, Milk                                       | WG Banana Loaf, Blueberries, Milk                                        | WG Cereal, 1/2 Banana, Milk                                    |
| Lunch     | Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk      | Chicken/Cheese/Ranch Snack Wrap, Green Beans, Peaches, 1% Milk       | WG Chicken Patty, Dinner Roll, Carrots, Pears, Milk                  | WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk | Meatloaf, Dinner Roll, Mandarin Oranges, Mashed Potatoes, Milk |
| PM Snack  | Townhouse Crackers, Cheese Slice, Water                          | Fresh Apple Slices, Sunbutter, Water - Graham Crackers               | Townhouse Crackers, Cheese Slice, Water                              | Cucumber Slices, Tzatziki Dip, Water - Cucumber Spears                   | That's It Apple Crunchers, WG Graham Crackers                  |
|           | 12                                                               | 13                                                                   | 14                                                                   | 15                                                                       | 16                                                             |
| Breakfast | WG Apple Cinnamon Loaf, Tropical Fruit, Milk                     | WG Waffle, Berry Mix, Milk                                           | WG Cereal, Milk                                                      | Yogurt, Blueberries, Milk                                                | Nutrigrain Bar, Fresh Oranges, Milk                            |
| Lunch     | Mac N Cheese with WG Elbows, Broccoli, Diced Peaches, Milk       | Chicken Fajitas on WG Tortilla, Potato Coins, Diced Pears, Milk      | WG Chicken Nuggets, Dinner Roll, Applesauce, Carrots, Milk           | Sloppy Joe Sandwich on WG Bun, Mixed Veggies, Tropical Fruit, Milk       | Cheese Pizza, Chef Salad, Dragon Fruit, Milk                   |
| PM Snack  | WG Pizza Crackers, Mandarin Oranges, Water                       | Baby Carrots w/Ranch, Water, WG Toasted Oats                         | WG Rice Cake, Applesauce, Water                                      | Fresh Apple Slices, String Cheese, Water - Applesauce                    | Pudding, Wafers, Water                                         |
|           | 19                                                               | 20                                                                   | 21                                                                   | 22                                                                       | 23                                                             |
| Breakfast | Cinnamon Raisin Toast, Tropical Fruit, Milk                      | WG Cereal, 1/2 Banana, Milk                                          | WG Oatmeal Cereal Bar, 1/2 Orange, Milk                              | WG French Toast Sticks, Berries, Milk                                    | WG Cereal, 1/2 Banana, Milk                                    |
| Lunch     | Grilled Cheese on WG Bread, String Beans, Diced Peaches, Milk    | Chicken Teriyaki Wrap, Broccoli, Mandarin Oranges, Milk              | Chicken Mashed Potato Bowl, Dinner Roll, Gravy, Tropical Fruit, Milk | Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk              | Philly Cheesesteak WG Roll, Potato Coins, Pineapples, 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 Bear Grahams, Pears, Water                                  |
|           | 26                                                               | 27                                                                   | 28                                                                   | 29                                                                       | 30                                                             |
| Breakfast | Bagel with Cream Cheese, Banana, Milk                            | WG Waffle, Berry Mix, Milk                                           | WG Cereal, Milk                                                      | WG Cereal Bar, Milk                                                      | WG Apple Cinnamon Muffin, Tropical Fruit, Milk                 |
| Lunch     | Tomato Soup with Crackers, Cheese Toast, Mandarin Oranges, Milk  | Chicken and Rice Bowl on WG Tortilla, Black Beans, Diced Pears, Milk | WG Chicken Sammy, Apples, Diced Carrots, Milk                        | WG Chicken Drumsticks, Applesauce, Diced Carrots, Milk                   | Mac N Cheese with WG Elbows, Broccoli, Peaches, Milk           |
| PM Snack  | Berry Crackers with String Cheese, Water                         | Pretzels with Hummus, Water, WG Toasted Oats                         | Oatmeal Cookies, Diced Mangors, Water                                | WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, 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.