



OCTOBER MENU- 2026

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



	MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 1	FRIDAY 2
AM Snack	WG Banana Muffin, Milk	WG Mini Bagel, Cream Cheese, Milk	Apple/Banana Bar, Milk	English Muffins and Jelly, Milk	WG Apple Cinnamon Loaf, Milk
Lunch	Mac N Cheese with WG Elbows, Mixed Vegetables, Milk	Beef Tacos on WG Tortilla, Pears, Milk	WG Chicken Nuggets, Broccoli, Applesauce, Milk	Cheeseburger on WG Bun, Sweet Potato Puffs, Peaches, Milk	WG Pizza, Carrots, Milk
PM Snack	Vanilla Wafers, Water	Strawberry Yogurt, Water	Blueberry Lemon Bites, Water	Wheat Thin Crackers, String Cheese, Water	Sports Bites, Water
	5	6	7	8	9
AM Snack	WG Cereal, Milk	Banana, Milk	Yogurt, Milk	WG Banana Loaf, Milk	Chef's Choice
Lunch	Meatloaf, Applesauce, Corn, Milk	Chicken/Cheese/Ranch WG Wrap, Peaches, Milk	WG Chicken Patty, Dinner Roll, Green Beans, Milk	WG Cheese Ravioli, Apple Slices, Milk, Whole Milk	Chef's Choice
PM Snack	Townhouse Crackers, String Cheese, Water	Fresh Apple Slices, Sunbutter, Water - Graham Crackers	Veggie Straws Water	Cucumbers, Ranch, Water	Chef's Choice
	12	13	14	15	16
AM Snack	WG Cereal, Milk	WG Apple Cinnamon Loaf, Milk	WG Cereal, Milk	Yogurt, Milk	Oatmeal Cereal Bar, Milk
Lunch	Mac N Cheese with WG Elbows, Broccoli, Milk	Chicken Quesadilla, Corn, Diced Pears, Milk	WG Chicken Nuggets, Pineapple, Carrots, Milk	Sloppy Joe Sandwich on WG Bun, Sweet Potato Puffs, Milk	Turkey and Cheese Pitas, Applesauce, Milk
PM Snack	Vanilla Wafers, Water	Baby Carrots w/Ranch, Water, WG Toasted Oats	WG Graham Crackers, Water	Fresh Apple Slices, String Cheese, Water - Applesauce	Sports Bites, Water
	19	20	21	22	23
AM Snack	Chef's Choice	Bagels and Cream Cheese, Milk	WG Oatmeal Cereal Bar, Milk	WG Lemon Blueberry bites, Milk	WG Cereal, Milk
Lunch	Chef's Choice	Chicken Teriyaki, Rice Mandarin Oranges, Milk	WG Cheese Ravioli, Mixed Fruit, Milk	Waffles, Veggie Sausage, Applesauce Milk	Philly Cheesesteak WG Roll, Potato Coins, Pineapples, Milk
PM Snack	Chef's Choice	Oatmeal Cookies, Water	Veggie Straws Water - Snack Puffs	Townhouse Cracker, String Cheese, Water	WG Bear Grahams, Water
	26	27	28	29	30
AM Snack	Bagel with Cream Cheese, Milk	Yogurt, Milk	WG Cereal, Milk	WG Cereal Bar, Milk	WG Apple Cinnamon Muffin, Milk
Lunch	Tomato Soup with Grilled Cheese, Mandarin Oranges, Milk	Chicken and Rice Bowl on WG Tortilla, Diced Pears, Milk	Turkey and Cheese WG Pita, Apple Slices, Milk	WG Chicken Drumsticks, Diced Carrots, Milk	Pizza, Peaches, Milk
PM Snack	Sports Bites, Water	Animal Crackers, Water	Oatmeal Cookies, Water	WG Rice Cake, Sunbutter, Water	WG Cheezits, Water