# OCTOBER MENU- 2026

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| | Sept 28 | Sept 29 | Sept 30 | 1 | 2 |
| **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 |
| | 5 | 6 | 7 | 8 | 9 |
| **Breakfast** | WG French Toast Sticks, Berries 1% Milk - Whole Milk | WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk | Diced Mangoes, Yogurt, 1% Milk, Whole Milk | WG Banana Loaf, Blueberries, 1% Milk - Whole Milk | WG Cereal, 1/2 Banana, 1% Milk - Whole Milk |
| Lunch | Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk | Chicken/Cheese/Ranch Snack Wrap (Cheese) Diced Mango, Corn, 1% Milk, Whole Milk | WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, 1% Milk, Whole Milk, Cheese on WG Bread | WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, 1% Milk, Whole Milk | Meatloaf (Vegan Crumbles), Mandarin Oranges, Mashed Potatoes, 1% Milk - Whole Milk |
| **PM Snack** | Townhouse Crackers, American Cheese Slice, Water | Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce | Townhouse Crackers, American or Cheddar Cheese Slice, 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, Whole Milk | WG Waffle, Berry Mix, 1% Milk, Whole Milk | WG Cereal 1% Milk - Whole Milk | Yogurt, Blueberries, 1% Milk, Whole Milk | **Chef's Choice Day** |
| Lunch | Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk | Chicken Fajitas (Vegan Crumbles)on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk | WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk | Sloppy Joe Sammy , (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk | **Chef's Choice Day** |
| **PM Snack** | WG Pizza Crackers , Mandarin Oranges, Water - Banana Snack Puffs | Cucumber Slices w/Ranch, Water, WG Toasted Oats | WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water | Fresh Apple Slices, Mozzarella String Cheese, Water - WG Toasted Oats & Diced Mandarin Oranges | **Chef's Choice Day** |
| | 19 | 20 | 21 | 22 | 23 |
| **Breakfast** | Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk | WG Cereal, 1/2 Banana, 1% Milk - Whole Milk | WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk | WG French Toast Sticks, Berries 1% Milk - Whole Milk | WG Cereal, 1/2 Banana, 1% Milk, Whole Milk |
| Lunch | Grilled Cheese on WG Bread, String Beans, Diced Peaches 1% Milk, Whole Milk | Chicken Teriyaki Wrap (Vegan Crumbles), Broccoli, Mandarin Oranges, 1% Milk, Whole Milk | Chicken (Vegan Nuggets)Mashed Potato Bowl, Gravy, Tropical Fruit, 1% Milk, Whole Milk | Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, 1% Milk - Whole Milk | Philly Cheesesteak (Vegan Griller)WG Roll, Potato Coins, Pineapples 1% Milk - Whole 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 Vanilla Bear Graham, Pears Water |
| | 26 | 27 | 28 | 29 | 30 |
| **Breakfast** | **Chef's Choice Day** | WG Waffle, Berry Mix, 1% Milk, Whole Milk | WG Cereal 1% Milk - Whole Milk | WG Cereal 1% Milk - Whole Milk | WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole |
| Lunch | **Chef's Choice Day** | Chicken Fajitas (Vegan Crumbles)on WG Tortilla, Potato Coins, Diced Pears, 1% Milk - Whole Milk | WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk | WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk | Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk |
| **PM Snack** | **Chef's Choice Day** | Cucumber Slices w/Ranch, Water, WG Toasted Oats | WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water | WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water | 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.**