

OCTOBER MENU- 2026

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
Breakfast	WG Cinnamon Toast 1% Milk - Whole Milk	WG Mini Bagel, Cream Cheese, 1% Milk - Whole Milk	WG Cereal Oatmeal Bar, 1% Milk - Whole Milk	WG French Toast Sticks, 1% Milk - Whole Milk	WG Blueberry Loaf, 1% Milk, Whole Milk
Lunch	WG Lasagna Fresh Salad, Fruit Cocktail, 1% Milk - Whole Milk	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	Mixed Fruit Parfait, Water	Strawberry Yogurt, Water	Tortilla Chips and Cheese, Water	Wheat Thin Crackers, Water - WG Toasted Oats	That's It Apple/Banana Fruit Bar, Water
	5	6	7	8	9
Breakfast	WG French Toast Sticks, 1% Milk - Whole Milk	WG Cereal, 1% Milk - Whole Milk	Yogurt, 1% Milk, Whole Milk	WG Banana Loaf, 1% Milk - Whole Milk	WG Cereal, 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	WG Graham Crackers Water	Cucumber Slices w/Ranch, Water, WG Toasted Oats	That's It Apple Crunchers, Water
	12	13	14	15	16
Breakfast	WG Apple Cinnamon Loaf, 1% Milk, Whole Milk	WG Waffle, 1% Milk, Whole Milk	WG Cereal 1% Milk - Whole Milk	Yogurt, 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 Water - Banana Snack Puffs	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker, Water	Fresh Apple Slices, Water - Diced Mandarin Oranges	Chef's Choice Day
	19	20	21	22	23
Breakfast	WG Mini Bagel, Cream Cheese, 1% Milk, Whole Milk	Cheesy Grits, 1% Milk - Whole Milk	WG Oatmeal Cereal Bar, 1% Milk, Whole Milk	WG French Toast Sticks, 1% Milk - Whole Milk	WG Cereal, 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, Water - Banana Snack Puffs	That's It Apple/Banana Fruit Bar, Water	WG Soft Pretzel Rod, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	WG Vanilla Bear Graham, Water
	26	27	28	29	30
Breakfast	Chef's Choice Day	WG Waffle, 1% Milk, Whole Milk	WG Cereal 1% Milk - Whole Milk	Sliced Bread, Turkey Sausage, 1% Milk - Whole Milk	WG Apple Cinnamon Loaf, 1% Milk, Whole Milk
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, Water	WG Rice Cake, Sunbutter, Graham Cracker, Applesauce, Water	WG Pizza Crackers , 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.					