

OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items
RED = Vegetarian Option
PURPLE = Beginner Alternative

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Pancakes w/ Maple Syrup Oatmeal w/ Raisins Fruit & Yogurt Parfait	Breakfast Pancakes w/ Maple Syrup Oatmeal w/ Raisins Fruit & Yogurt Parfait	Breakfast Pancakes w/ Maple Syrup Oatmeal w/ Raisins Fruit & Yogurt Parfait	Breakfast Pancakes w/ Maple Syrup Oatmeal w/ Raisins Fruit & Yogurt Parfait	Breakfast Pancakes w/ Maple Syrup Oatmeal w/ Raisins Fruit & Yogurt Parfait
Lunch Turkey Sandwich w/ Cheddar Veggie Sandwich Fruit & Yogurt Parfait	Lunch Turkey Sandwich w/ Cheddar Veggie Sandwich Fruit & Yogurt Parfait	Lunch Turkey Sandwich w/ Cheddar Veggie Sandwich Fruit & Yogurt Parfait	Lunch Turkey Sandwich w/ Cheddar Veggie Sandwich Fruit & Yogurt Parfait	Lunch Turkey Sandwich w/ Cheddar Veggie Sandwich Fruit & Yogurt Parfait
Dinner Turkey Meatballs w/ Tomato Sauce Veggie Meatballs Pasta w/ Tomato Sauce Fruit & Yogurt Parfait	Dinner Turkey Meatballs w/ Tomato Sauce Veggie Meatballs Pasta w/ Tomato Sauce Fruit & Yogurt Parfait	Dinner Turkey Meatballs w/ Tomato Sauce Veggie Meatballs Pasta w/ Tomato Sauce Fruit & Yogurt Parfait	Dinner Turkey Meatballs w/ Tomato Sauce Veggie Meatballs Pasta w/ Tomato Sauce Fruit & Yogurt Parfait	Dinner Turkey Meatballs w/ Tomato Sauce Veggie Meatballs Pasta w/ Tomato Sauce Fruit & Yogurt Parfait

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		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		28		29		30		1		2	
Breakfast											
		Yogurt, Crackers, Water		WG English Muffin, Peaches, 1% Milk		WG Cereal Oatmeal Bar, Applesauce, 1% Milk - Whole Milk		WG French Toast Sticks, 1% Milk - Whole Milk		WG Blueberry Muffin, Diced Pears, 1% Milk, Whole Milk	
	Lunch	Beefaroni, String Beans, Sliced Bread, Crushed Pineapples, Milk		Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Sweet Peas, 1% Milk		WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Diced Carrot, Sliced Bread, 1% Milk - Whole Milk		Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, 1% Milk - Whole Milk		WG Pizza, Corn on the Cob, Fruit Mix, 1% Milk, Whole Milk	
PM Snack		Fig Newton, Water		Graham Crackers, Fruit Cups, Water		Cucumber Slices, Hummus, Water - Diced Cucumber		Ritz 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, 1% Milk - Whole Milk		WG Spooner Cereal, 1% Milk - Whole Milk		Diced Mangoes Yogurt, 1% Milk, Whole Milk		WG Banana Muffin, Mixed Berries, 1% Milk - Whole Milk		WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	
	Lunch	Turkey and Cheese Sandwich WG Bread, Applesauce, Mixed Vegetables, 1% Milk - Whole Milk		Chicken/Cheese/Ranch Snack Wrap (Cheese) Diced Mango, Corn, 1% Milk, Whole Milk		WG Chicken Patty Sandwich, 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, Cookie Butter, Water - Strawberry/Apple Puffs, Applesauce		Townhouse Crackers, American or Cheddar Cheese Slice, Water		Cucumber Slices, Ranch Dressing, Water - Diced Cucumber Slices		That's It Apple Crunchers, WG Graham Crackers	
		12		13		14		15		16	
Breakfast		WG Blueberry Muffin , Tropical Fruit, 1% Milk, Whole Milk		WG Waffle, Berry Mix, 1% Milk, Whole Milk		WG Cereal, Banana, 1% Milk - Whole Milk		Yogurt, Blueberries, 1% Milk, Whole Milk		Fruit Salad, Crackers, Water	
	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 Sticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk		Sloppy Joe Sammy , (Vegan Griller) Mixed Veggies, Fruit Cocktail, 1% Milk - Whole Milk		Baked Beans, Corn Bread, Tropical Fruit, Milk	
	PM Snack	WG 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		Lorna Doone Cookie, Water	
		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, White Rice, (Vegan Crumbles), Broccoli, Mandarin Oranges, 1% Milk, Whole Milk		Chicken (Vegan Nuggets)Mashed Potato Bowl Gravy, Tropical Fruit, 1% Milk, Whole Milk		Cookie Butter, Jelly Sammy, WG Bread, Applesauce, Corn, 1% Milk - Whole Milk		Chicken Quesadilla, 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		Cinnamon Twist, Applesauce, Water - Snack Puffs		Townhouse Crackers, American Cheese Slice, Water		WG Vanilla Bear Graham, Pears Water	
		26		27		28		29		30	
Breakfast		Grits, Sausage, Milk		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 Milk	
	Lunch	Sloppy Joe Sandwich, Corn on the Cob, Peaches, Milk		Chicken Nuggets, Potato Coins, Diced Pears, 1% Milk - Whole Milk		WG Chicken Sticks, (Vegan Nuggets), Applesauce, Diced Carrots, 1% milk - Whole Milk		Cheeseburger, Applesauce, Diced Carrots, 1% milk - Whole Milk		Mac N Cheese with WG Elbows, Broccoli, Diced Peaches 1% Milk, Whole Milk	
	PM Snack	Fig Newton, Water		Cucumber Slices w/Ranch, Water, WG Toasted Oats		Vanilla Wafers, Vanilla Pudding, Water		WG Rice Cake, Cookie Butter, Graham Cracker, Applesauce, Water		Fall Party Snacks	

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.**