



OCTOBER MENU- 2026

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

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		28	29	30	1	2
Breakfast	Chef's Choice Day	WG Mini Bagel, Cream Cheese, Milk	WG Cereal Oatmeal Bar, Applesauce, Milk	WG French Toast Sticks, 1/2 Banana, Milk	WG Waffles, Diced Pears, Milk	
Lunch	Chef's Choice Day	Turkey/Beef Tacos on WG Tortilla (Veggie Crumbles), Diced Pears, Green Beans, Milk	WG Chicken Nuggets (WG Vegan Chicken Nuggets), Tropical Fruit, Sweet Peas, Milk	Cheeseburger on WG Bun (Vegetarian Griller), Potato Coins, Diced Peaches, Milk	WG Pizza, Diced Carrots, Fruit Mix, Milk	
PM Snack	Chef's Choice Day	Graham Crackers, Strawberry Yogurt, Water	Cucumber Slices, Hummus, Water	Wheat Thin Crackers, Mozzarella String Cheese, Water	Fruit Bar, Animal Crackers, Water	
		5	6	7	8	9
Breakfast		WG French Toast Sticks, Berries, Milk	WG Cereal, Strawberry Slices, Milk	Diced Mangoes, Yogurt, Milk	WG Pancakes, Blueberries, Milk	WG Cereal, 1/2 Banana, Milk
Lunch		Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk	Chicken/Cheese/Ranch Snack Wrap (Cheese) Diced Mango, Corn, Milk	WG Chicken Patty (Vegan Nuggets), Diced Carrots, Diced Pears, Milk	WG Cheese Jumbo Ravioli, Sweet Peas, Tropical Fruit, Milk	Meatloaf (Vegan Crumbles), Mandarin Oranges, Mashed Potatoes, Milk
PM Snack		Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water	Graham Crackers w/ Sunbutter, Applesauce, Water	Cucumber Slices, Tzatziki Dip, Water	Apple Slices, WG Crackers, Water
		12	13	14	15	16
Breakfast		WG Pancakes, Tropical Fruit, Milk	WG Waffle, Berry Mix, Milk	WG Cereal, Milk	Yogurt, Blueberries, Milk	Chef's Choice Day
Lunch		Mac N Cheese with WG Elbows, Broccoli, Diced Peaches, Milk	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, Milk	WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, Milk	Sloppy Joe Sammy, (Vegan Griller) Mixed Veggies, Fruit Cocktail, Milk	Chef's Choice Day
PM Snack		WG Pizza Crackers, Mandarin Oranges, Water	Cucumber Slices w/ Ranch, Water, WG Toasted Oats	Chef's Choice Day	WG Graham Cracker, Mozzarella String Cheese, Water	Chef's Choice Day
		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 (Vegan Crumbles), Broccoli, Mandarin Oranges, Milk	Chicken (Vegan Nuggets) Mashed Potato Bowl, Gravy, Tropical Fruit, Milk	Sunbutter & Jelly Sammy on WG Bread, Applesauce, Corn, Milk	Philly Cheesesteak (Vegan Griller) WG Roll, Potato Coins, Pineapples, Milk
PM Snack		WG All Sport Bites, Mandarin Oranges, Water	Fruit Bar, Water	WG Soft Pretzel Rod, Applesauce, Water	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, Milk	WG Cereal, Milk	WG Pancakes, Tropical Fruit, Milk	WG Cereal, Milk	
Lunch	Chef's Choice Day	Chicken Fajitas (Vegan Crumbles) on WG Tortilla, Potato Coins, Diced Pears, Milk	Grilled Cheese on WG Bread, String Beans, Diced Peaches Milk	WG Chicken Drummies, (Vegan Nuggets), Applesauce, Diced Carrots, Milk	Mac N Cheese with WG Elbows, Broccoli, Diced Peaches Milk	
PM Snack	Chef's Choice Day	Cucumber Slices w/ Ranch, Water, WG Toasted Oats	WG Graham Cracker, Sunbutter, Applesauce, Water	Townhouse Crackers, American Cheese Slice, 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.