

October 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast: Yogurt, Strawberries, Granola/Cheerios, Milk Lunch: Chicken Pasta Alfredo, Fresh Salad/Veggie Mix, Diced Peaches, Milk PM Snack: Mozzarella Cheese Stick, Pretzels, Milk	2 Breakfast: Whole Grain Cereal, Fresh Bananas, Milk Lunch: Cheese Quesadillas, Fresh Tomato & Cucumber, Fruit Salad, Milk PM Snack: Fresh Melon, Wheat Thins/ Ritz Crackers, Milk
5 Breakfast: Wheat Bagel, Wow Butter, Apple Slices, Milk Lunch: Baked Chicken Breast, Green Beans, Diced Pears, Wheat Bread, Milk PM Snack: Graham Crackers, Milk	6 Breakfast: Cottage Cheese Scrambled Eggs, Wheat Toast, Diced Peaches, Milk Lunch: Bean and Cheese Taco, Lettuce, Corn, Diced Pineapple, Milk PM Snack: Fresh Mandarin Oranges, Wheat Club Crackers, Milk	7 Breakfast: Whole Grain Pancakes, Fresh Strawberries, Milk Lunch: Meatballs, Mashed Potatoes, Carrots, Mixed Fruit, Milk PM Snack: Goldfish Crackers, Milk	8 Breakfast: Yogurt, Blueberries Granola/Cheerios, Milk Lunch: Whole Grain Spaghetti with Meat Sauce, Fresh Salad/Veggie Mix, Diced Peaches, Milk PM Snack: Fresh Banana Zucchini Bread, Milk	PNO 5:30-10:30 9 Breakfast: Whole Grain Cereal, Fresh Bananas, Milk Lunch: Fish Sticks, Peas and Carrots, Fruit Salad, Milk PM Snack: Fresh Melon, Wheat Thins/ Ritz Crackers, Milk
12 Breakfast: Provolone Cheese on Wheat Toast, Apple Slices, Milk Lunch: Chicken Breast Sandwich, Green Beans, Diced Pears, Milk PM Snack: Cheese Crackers, Milk	13 Breakfast: Scrambled Eggs with Potatoes, Diced Peaches, Milk Lunch: Beef and Cheese Taco, Lettuce, Corn, Diced Pineapple, Milk PM Snack: Applesauce, Wheat Club Crackers, Milk	14 Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk Lunch: Baked Beans, Cornbread, Peas and Carrots, Mixed Fruit, Milk PM Snack: Fresh Cucumber, Corn Chips, Milk	15 Breakfast: Yogurt, Blueberries , Granola/Cheerios, Milk Lunch: Turkey Meatball Marinara Pasta, Fresh Salad/Veggie Mix, Diced Peaches, Milk PM Snack: Fresh Veggies, Avocado Yogurt Dip, Tortilla Chips, Milk	16 Breakfast: Whole Grain Cereal, Fresh Bananas, Milk Lunch: Cheese Pizza, Fresh Spinach Cucumber Salad, Fruit Salad, Milk PM Snack: Fresh Melon, Wheat Thins/ Ritz Crackers, Milk
19 Breakfast: Blueberry Bagel, Cream Cheese, Apple Slices, Milk Lunch: BBQ Chopped Chicken, Pita Pocket, Green Beans, Diced Pears, Milk PM Snack: Animal Crackers, Milk	20 Breakfast: Scrambled Eggs, Wheat Toast, Diced Peaches, Milk Lunch: Chicken Fajita Taco, Lettuce, Corn, Diced Pineapple, Milk PM Snack: Fresh Mandarin Oranges, Wheat Club Crackers, Milk	21 Breakfast: Fresh Blueberry Muffin Squares, Milk Lunch: Red Beans, Cornbread, Peas and Carrots, Cornbread, Mixed Fruit, Milk PM Snack: Cheese Crackers, Milk	22 Breakfast: Yogurt, Strawberries, Granola/Cheerios, Milk Lunch: Whole Grain Macaroni and Cheese, Fresh Salad/Veggie Mix, Diced Peaches, Milk PM Snack: Fresh Veggies, Hummus, Pretzels	23 Breakfast: Whole Grain Cereal, Fresh Bananas, Milk Lunch: Turkey and Cheese Tortilla Roll Ups, Pickles, Fresh Spinach Cucumber Salad, Fruit Salad, Milk PM Snack: Fresh Melon, Wheat Thins/ Ritz Crackers, Milk
26 Breakfast: Blueberry Bagel, Cream Cheese, Apple Slices, Milk Lunch: Baked Chicken Breast, Green Beans, Diced Pears, Wheat Bread, Milk PM Snack: Graham Crackers, Milk	27 Breakfast: Oatmeal, Diced Peaches, Raisins, Milk Lunch: Beef and Cheese Taco, Lettuce, Corn, Diced Pineapple, Milk PM Snack: Applesauce, Wheat Club Crackers, Milk	28 Breakfast: Whole Grain Waffles, Fresh Strawberries, Milk Lunch: Hamburgers, Baked Potato Rounds, Pickles, Mixed Fruit, Milk PM Snack: Wow Butter/Ritz sandwich, Milk	29 Breakfast: Yogurt, Blueberries, Granola/Cheerios, Milk Lunch: Chicken Pasta Alfredo, Fresh Salad/Veggie Mix, Diced Peaches, Milk PM Snack: Mozzarella Cheese Stick, Pretzels, Milk	Halloween Parades Parties 30 Breakfast: Whole Grain Cereal, Fresh Bananas, Milk Lunch: Cheese Quesadillas, Fresh Spinach Cucumber Salad, Fruit Salad, Milk PM Snack: Halloween Parties