



# October 2026

## Daily Menu



| <u>Monday</u>                                                                                                                                                                                                                                                                                                                                           | <u>Tuesday</u>                                                                                                                                                                                                                                                                                                                                      | <u>Wednesday</u>                                                                                                                                                                                                                                                                                                                                                             | <u>Thursday</u>                                                                                                                                                                                                                                                                                                                                                               | <u>Friday</u>                                                                                                                                                                                                                                                                                                                                       |
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| <b><u>5</u></b> <b><u>Breakfast</u></b><br>Applesauce<br>Whole Grain<br>French Toast Sticks<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Fajita Chicken<br>w/Pepper, Onion &<br>Whole Grain Rice<br>Corn<br>Pears<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Townhouse Crackers<br>w/Soy Butter<br>Water | <b><u>6</u></b> <b><u>Breakfast</u></b><br>Mixed Fruit<br>Whole Grain Kix Cereal<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Turkey Ham & Cheese<br>Whole Grain Tortilla Wraps<br>Fresh Carrots **Carrot*<br>Apples<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Carrot Muffin<br>Applesauce<br>Water | <b><u>7</u></b> <b><u>Breakfast</u></b><br>100% Orange Juice<br>Whole Grain Waffles<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Beef Taco w/Diced Tomato,<br>Shredded Lettuce & Cheese<br>Whole Grain Tortilla Wraps<br>Peaches—Green Beans<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Goldfish Crackers<br>Peaches<br>Water | <b><u>8</u></b> <b><u>Breakfast</u></b><br>Whole Grain Cheerios<br>Bananas<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Soy Butter and Jelly Pockets<br>On Whole Grain Bread<br>Celery **Mixed Vegetables*<br>Oranges—Cheese Slices<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Cinnamon Crisp Crackers<br>Apple Juice<br>Water | <b><u>9</u></b> <b><u>Breakfast</u></b><br>Pears<br>Whole Grain Life Cereal<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Ground Beef in Sauce<br>Whole Grain Pasta<br>Tossed Salad w/Dressing<br>**Corn*<br>Mixed Fruit<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Soft Pretzels<br>Oranges<br>Water |



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| <p><b><u>12</u></b>    <b>Breakfast</b></p> <p>Mixed Fruit<br/>Whole Grain Kix Cereal<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Fish Sticks<br/>Whole Grain Crackers<br/>w/Soy Butter<br/>Four Bean Salad<br/>Pears<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Cheese It Crackers<br/>Mixed Fruit<br/>Water</p>         | <p><b><u>13</u></b>    <b>Breakfast</b></p> <p>Whole Wheat Toast<br/>Applesauce<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Turkey Cubes<br/>&amp; String Cheese<br/>Whole Grain<br/>Townhouse Crackers<br/>Carrots **Red Beets*<br/>Bananas<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain Maple Bites<br/>Cheese Slices<br/>Water</p>                          | <p><b><u>14</u></b>    <b>Breakfast</b></p> <p>Whole Grain Rice Krispies<br/>Apple Wedges<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Baked Beans w/Turkey Ham<br/>Whole Grain Dinner Rolls<br/>Tossed Salad w/Dressing<br/>**Corn*<br/>Mixed Fruit<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain Ritz Crackers<br/>w/Soy Butter<br/>Water</p> | <p><b><u>15</u></b>    <b>Breakfast</b></p> <p>Whole Grain Bagels<br/>Diced Pears<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Beef A Roni<br/>Topped w/Cheese &amp;<br/>Whole Grain Pasta<br/>Green Beans<br/>Apples<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain Hard Pretzels<br/>Peaches<br/>Water</p>  | <p><b><u>16</u></b>    <b>Breakfast</b></p> <p>Whole Grain English Muffin<br/>100% Orange Juice<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Turkey Ham and Cheese on<br/>Whole Grain Tortilla Wraps<br/>Carrots **Mixed Vegetables*<br/>Peaches<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Tostado Chips with<br/>Salsa &amp; Shredded Cheese<br/>Water</p> |
| <p><b><u>19</u></b>    <b>Breakfast</b></p> <p>Oranges<br/>Whole Grain Corn Flakes<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Macaroni &amp; Cheese w/Pasta<br/>Whole Grain Crackers<br/>w/Soy Butter<br/>Peas<br/>Applesauce<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Animal Crackers<br/>Cheese Slices<br/>Water</p> | <p><b><u>20</u></b>    <b>Breakfast</b></p> <p>Applesauce<br/>Whole Grain<br/>French Toast Sticks<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Turkey Ham &amp; Cheese on<br/>Whole Grain Tortilla Wraps<br/>w/Soy Butter<br/>Carrot **Mixed Vegetables*<br/>Bananas<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Graham Crackers<br/>Oranges<br/>Water</p> | <p><b><u>21</u></b>    <b>Breakfast</b></p> <p>100% Orange Juice<br/>Whole Wheat Toast<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Beef Chili with<br/>Kidney Beans &amp; Rice<br/>Green Beans<br/>Peaches<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Townhouse Crackers<br/>String Cheese<br/>Water</p>                                | <p><b><u>22</u></b>    <b>Breakfast</b></p> <p>Oranges<br/>Whole Grain Cheerios<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Chicken Salad on<br/>Whole Grain Crackers<br/>Celery **Peas*<br/>Oranges<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Educational Crackers<br/>Cheese Slices<br/>Water</p> | <p><b><u>23</u></b>    <b>Breakfast</b></p> <p>Bananas<br/>Whole Grain Rice Krispies<br/>*Unflavored Whole or Skim Milk</p> <p><b><u>Lunch</u></b></p> <p>Chicken Diced Tomato<br/>w/Rice<br/>String Cheese<br/>Tossed Salad w/Dressing<br/>**Carrot*<br/>Mixed Fruit<br/>*Unflavored Whole Milk</p> <p><b><u>Snack</u></b></p> <p>Whole Grain<br/>Goldfish Crackers<br/>Apples<br/>Water</p>                          |



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| <u>Monday</u>                                                                                                                                                                                                                                                                                                                              | <u>Tuesday</u>                                                                                                                                                                                                                                                                                                                                        | <u>Wednesday</u>                                                                                                                                                                                                                                                                                                                                          | <u>Thursday</u>                                                                                                                                                                                                                                                                                                                                  | <u>Friday</u>                                                                                                                                                                                                                                                                                                                                         |
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| <b><u>26</u></b> <b><u>Breakfast</u></b><br>Applesauce<br>Whole Wheat Pancakes<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Ground Beef w/Sauce and<br>Whole Grain Pasta<br>Green Beans<br>Pears<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Blueberry Lemon Crackers<br>Applesauce<br>Water | <b><u>27</u></b> <b><u>Breakfast</u></b><br>Pears<br>Whole Grain Life Cereal<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Turkey Ham and Cheese on<br>Whole Grain Tortilla Wraps<br>Carrots **Mixed Vegetables*<br>Banana<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Hard Pretzels<br>Peaches<br>Water | <b><u>28</u></b> <b><u>Breakfast</u></b><br>Apples<br>Whole Grain<br>French Toast Sticks<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Fajita Chicken<br>w/Pepper, Onion &<br>Whole Grain Rice<br>Corn<br>Applesauce<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Townhouse Crackers<br>w/Soy Butter<br>Water | <b><u>29</u></b> <b><u>Breakfast</u></b><br>Diced Pears<br>Whole Grain Bagel<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Yogurt<br>Whole Grain Crackers<br>w/Soy Butter<br>Carrots **Green Beans*<br>Apples<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Animal Crackers<br>Cheese Slices<br>Water | <b><u>30</u></b> <b><u>Breakfast</u></b><br>Apple Wedges<br>Whole Grain Corn Chex<br>*Unflavored Whole or Skim Milk<br><br><b><u>Lunch</u></b><br>Beef Barbeque on a<br>Whole Wheat Bun<br>Tossed Salad w/Dressing<br>**Corn*<br>Sliced Apples<br>*Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Maple Bites<br>Oranges<br>Water |
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