



# October 2026

## School-Age Daily Menu



| <u>Monday</u>                                                                                                                                                                                             | <u>Tuesday</u>                                                                                                                                                     | <u>Wednesday</u>                                                                                                                                                                         | <u>Thursday</u>                                                                                                                                                                        | <u>Friday</u>                                                                                                                                                              |
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|                                                                                                                                                                                                           |                                                                                                                                                                    |                                                                                                                                                                                          | <b>1</b> <u>Breakfast</u><br>Whole Grain<br>Kix Cereal<br>Mixed Fruit<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Goldfish Crackers<br>Apple<br>Water               | <b>2</b> <u>Breakfast</u><br>Whole Grain Cheerios<br>Applesauce<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Graham Crackers<br>Cheese Slices<br>Water   |
| <b>5</b> <u>Breakfast</u><br>Whole Grain<br>French Toast Sticks<br>Diced Pears<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Soft Pretzel Rods<br>**2 per Child**<br>Cheese Dip<br>Water | <b>6</b> <u>Breakfast</u><br>Whole Grain<br>Pancakes<br>Apples<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Ritz Crackers<br>Soy Butter<br>Water | <b>7</b> <u>Breakfast</u><br>Whole Grain<br>Waffles w/Syrup<br>Applesauce<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Cheese It Crackers<br>Mandarin Oranges<br>Water | <b>8</b> <u>Breakfast</u><br>Whole Grain Corn Chex<br>100% Apple Juice<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Blueberry Lemon Crisp<br>Sliced Peaches<br>Water | <b>9</b> <u>Breakfast</u><br>Whole Grain<br>Kix Cereal<br>Peaches<br>Unflavored Whole Milk<br><br><u>Snack</u><br>Whole Grain<br>Blueberry Mini Loaves<br>Oranges<br>Water |



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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>12</u></b> <b><u>Breakfast</u></b><br>Rice Krispie Cereal<br>Orange Wedges<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Goldfish Crackers<br>Applesauce<br>Water    | <b><u>13</u></b> <b><u>Breakfast</u></b><br>Whole Grain<br>French Toast Sticks<br>Applesauce<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Fresh Carrot Sticks<br>Dipped Soy Butter<br>Water | <b><u>14</u></b> <b><u>Breakfast</u></b><br>Whole Grain Cheerios<br>Diced Pears<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Tostado Chips<br>w/Salsa Cheese Dip<br>Water | <b><u>15</u></b> <b><u>Breakfast</u></b><br>Whole Wheat Bagel<br>w/Cream Cheese<br>Peaches<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Animal Crackers<br>Cheese Sticks<br>Water | <b><u>16</u></b> <b><u>Breakfast</u></b><br>Whole Grain Life Cereal<br>100% Orange Juice<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Ritz Crackers<br>Cheese Slices<br>Water                |
| <b><u>19</u></b> <b><u>Breakfast</u></b><br>Whole Grain Raisin Bread<br>Mixed Fruit<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Goldfish Crackers<br>Applesauce<br>Water | <b><u>20</u></b> <b><u>Breakfast</u></b><br>Whole Grain Pancake<br>Oranges<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Hard Pretzels<br>Diced Pears<br>Water                | <b><u>21</u></b> <b><u>Breakfast</u></b><br>Whole Grain<br>Corn Chex<br>100% Orange Juice<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Fresh Carrot Sticks<br>Dipped Soy Butter<br>Water | <b><u>22</u></b> <b><u>Breakfast</u></b><br>Whole Grain<br>Kix Cereal<br>Pears<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Ritz Crackers<br>Pineapple Chunks<br>Water            | <b><u>23</u></b> <b><u>Breakfast</u></b><br>Whole Grain<br>English Muffins<br>Pineapple Chunks<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Blueberry Lemon Crisp<br>Sliced Peaches<br>Water |



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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>Whole Grain<br>Waffle w/Syrup<br>Peaches<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Cheese It Crackers<br>Mandarin Oranges<br>Water | <b><u>27</u></b> <b><u>Breakfast</u></b><br>Corn Flakes<br>Diced Pears<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Graham Crackers<br>Pineapple<br>Water | <b><u>28</u></b> <b><u>Breakfast</u></b><br>Whole Grain<br>French Toast Sticks<br>Fresh Apples<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Ritz Crackers<br>Cheese Slices<br>Water | <b><u>29</u></b> <b><u>Breakfast</u></b><br>Whole Grain Corn Chex<br>Banana<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Fresh Carrot Sticks<br>Dipped Soy Butter<br>Water | <b><u>30</u></b> <b><u>Breakfast</u></b><br>Rice Krispies<br>Sliced Peaches<br>Unflavored Whole Milk<br><br><b><u>Snack</u></b><br>Whole Grain<br>Carrot Muffins<br>Applesauce<br>Water |
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