

OCTOBER 2026 MENU

Healthy Meals for Happy, Growing Kids!

WEEK OF OCTOBER 5 - 9	BREAKFAST	LUNCH	SNACK
Monday, October 5	Pancakes & Fruit	Chicken and Rice Green Beans, Roll	Applesauce
Tuesday, October 6	Toast and Sausage	Beef Alfredo Corn, Fruit	Fruit Cup
Wednesday, October 7	French Toast & Strawberries	Cheese Quesadilla Beans, Pineapple	BelVita Biscuits
Thursday, October 8	Biscuits and Bacon	Turkey and Cheese Sandwiches Carrots, Oranges	Ritz Crackers & String Cheese
Friday, October 9	Cereal and Bananas	Fish Sticks Salad, Apples	Yogurt

WEEK OF OCTOBER 12 - 16	BREAKFAST	LUNCH	SNACK
Monday, October 12	CLOSED Teacher Work Day ♥		
Tuesday, October 13	French Toast & Fruit	Veggie Soup Grilled Cheese, Fruit	Trail Mix
Wednesday, October 14	Toast and Sausage	Sunbutter and Jam Sandwiches Tater Tots, Apples	Fig Bars
Thursday, October 15	Cereal and Bananas	Chicken Nuggets Sweet Potatoes, Fruit	Goldfish
Friday, October 16	Waffles and Apples	Spaghetti Salad, Garlic Bread	Graham Crackers

WEEK OF OCTOBER 19 - 23	BREAKFAST	LUNCH	SNACK
Monday, October 19	Turkey and Cheese Croissant	Chicken Nuggets Mashed Potatoes, Green Beans	Animal Crackers
Tuesday, October 20	Yogurt Bowl	Hamburgers Chips, Apples	Ritz Crackers & String Cheese
Wednesday, October 21	Cereal and Bananas	Taco Salad Beans, Rice	Fig Bar
Thursday, October 22	Sausage Biscuit	Turkey and Cheese Sandwiches Tater Tots, Orange Slices	Yogurt Cup
Friday, October 23	Cheese Toast and Bacon	Chicken Alfredo Salad, Garlic Bread	Fruit Cup

WEEK OF OCTOBER 26 - 30	BREAKFAST	LUNCH	SNACK
Monday, October 26	Raisin Bread and Fruit	Fish Sticks Mashed Potatoes, Baked Beans	Pretzels
Tuesday, October 27	Waffles and Fruit	Mac & Cheese Broccoli, Fruit	Chips and Dip
Wednesday, October 28	Cereal and Bananas	Sloppy Joes Chips, Fruit	Goldfish
Thursday, October 29	Potatoes and Bacon	Baked Ziti Salad, Roll	Vanilla Wafers
Friday, October 30	French Toast and Fruit	Chicken Nuggets Green Beans, Fruit	Fall Parties!

Menu is subject to change.