

# October 2026 Breakfast



| Mon                                                                                                        | Tue                                                                                                     | Wed                                                                                                             | Thu                                                                                                                   |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
|                           |                       |                                                                                                                 | <b>1</b><br><br><b>NO SCHOOL</b>                                                                                      |
| <b>5</b><br><br><i>Corn Chex Cereal (3/4 cup)</i><br><i>Pears (1/2 cup)</i><br><i>Milk (3/4 cup)</i>       | <b>6</b><br><br><i>Cheese Quesadillas (.5 oz.)</i><br><i>Peaches (1/2 cup)</i><br><i>Milk (3/4 cup)</i> | <b>7</b><br><br><i>Pancakes (17 gm.)</i><br><i>Orange Juice (1/2 cup)</i><br><i>Milk (3/4 cup)</i>              | <b>8</b><br><br><i>Malt-O-Meal (1/3 cup)</i><br><i>Mixed Fruit (1/2 cup)</i><br><i>Milk (3/4 cup)</i>                 |
| <b>12</b><br><br><i>Egg Patties (28 gm.)</i><br><i>Tropical Fruit (1/2 cup)</i><br><i>Milk (3/4 cup)</i>   | <b>13</b><br><br><i>Cheese Rounds (.5 oz.)</i><br><i>Pears (1/2 cup)</i><br><i>Milk (3/4 cup)</i>       | <b>14</b><br><br><i>Honey Bunches of Oats (3/4 cup)</i><br><i>Applesauce (1/2 cup)</i><br><i>Milk (3/4 cup)</i> | <b>15</b><br><br><i>French Toast (35 gm.)</i><br><i>Grape Juice (1/2 cup)</i><br><i>Milk (3/4 cup)</i>                |
| <b>19</b><br><br><i>Rice Crispie Cereal (3/4 cup)</i><br><i>Peaches (1/2 cup)</i><br><i>Milk (3/4 cup)</i> | <b>20</b><br><br><i>Waffles (17 gm.)</i><br><i>Mixed Fruit (1/2 cup)</i><br><i>Milk (3/4 cup)</i>       | <b>21</b><br><br><i>Cinnamon Toast (1/2 slice)</i><br><i>Oranges (1/2 each)</i><br><i>Milk (3/4 cup)</i>        | <b>22</b><br><br><i>Bagels (14 gm.)</i><br><i>Mandarin Oranges (1/2 cup)</i><br><i>Milk (3/4 cup)</i>                 |
| <b>26</b><br><br><i>Kix Cereal (3/4 cup)</i><br><i>Tropical Fruit (1/2 cup)</i><br><i>Milk (3/4 cup)</i>   | <b>27</b><br><br><i>Oatmeal (1/3 cup)</i><br><i>Mixed Fruit (1/2 cup)</i><br><i>Milk (3/4 cup)</i>      | <b>28</b><br><br><i>Muffins (28 gm.)</i><br><i>Peaches (1/2 cup)</i><br><i>Milk (3/4 cup)</i>                   | <b>29</b><br><br><i>Sunflower Butter Toast (/5 oz.)</i><br><i>Mandarin Oranges (1/2 cup)</i><br><i>Milk (3/4 cup)</i> |

# October 2026 Lunch



| Mon                                                                                                                         | Tue                                                                                                                               | Wed                                                                                                                                 | Thu                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                            |                                                 |                                                  | <p><i><b>NO SCHOOL</b></i></p>                                                                                              |
| <p><b>5</b><br/>Chicken Enchiladas (1.5 oz.)<br/>Lettuce Salad (1/4 cup)<br/>Pineapple (1/4 cup)<br/>Milk (3/4 cup)</p>     | <p><b>6</b><br/>Spaghetti/Meat Sauce (1.5 oz.)<br/>Green Beans (1/4 cup)<br/>Mandarin Oranges (1/4 cup)<br/>Milk (3/4 cup)</p>    | <p><b>7</b><br/>Cheese Ravioli (1.5 oz.)<br/>Peas (1/4 cup)<br/>Tropical Fruit (1/4 cup)<br/>Milk (3/4 cup)</p>                     | <p><b>8</b><br/>Turkey Sandwich (1.5 oz.)<br/>Carrots (1/4 cup)<br/>Oranges (1/2 each)<br/>Milk (3/4 cup)</p>               |
| <p><b>12</b><br/>Macaroni &amp; Cheese/Tuna (1.5 oz.)<br/>Peas (1/4 cup)<br/>Peaches (1/4 cup)<br/>Milk (3/4 cup)</p>       | <p><b>13</b><br/>Chicken Fajitas/Tortillas (1.5 oz.)<br/>Mixed Vegetables (1/4 cup)<br/>Oranges (1/2 each)<br/>Milk (3/4 cup)</p> | <p><b>14</b><br/>Breaded Chicken Patties (1.5 oz.)<br/>French Fries (1/4 cup)<br/>Mandarin Oranges (1/4 cup)<br/>Milk (3/4 cup)</p> | <p><b>15</b><br/>Vegetable Beef Soup (1.5 oz.)<br/>Pineapple (1/4 cup)<br/>Saltine Crackers (11 gm.)<br/>Milk (3/4 cup)</p> |
| <p><b>19</b><br/>Hamburgers/Buns (1.5 oz.)<br/>French Fries (1/4 cup)<br/>Applesauce (1/2 cup)<br/>Milk (3/4 cup)</p>       | <p><b>20</b><br/>Egg Patties (1.5 oz.)<br/>Carrots (1/4 cup)<br/>Pears (1/4 cup)<br/>Bread (1/2 slice)<br/>Milk (3/4 cup)</p>     | <p><b>21</b><br/>Lasagna Casserole (1.5 oz.)<br/>Peas (1/4 cup)<br/>Tropical Fruit (1/4 cup)<br/>Milk (3/4 cup)</p>                 | <p><b>22</b><br/>Chicken &amp; Noodles (1.5 oz.)<br/>Corn (1/4 cup)<br/>Blueberries (1/4 cup)<br/>Milk (3/4 cup)</p>        |
| <p><b>26</b><br/>Breaded Mozzarella Cheese (1.5 oz.)<br/>Lettuce Salad (1/4 cup)<br/>Pears (1/4 cup)<br/>Milk (3/4 cup)</p> | <p><b>27</b><br/>Beef Stroganoff (1.5 oz.)<br/>Corn (1/4 cup)<br/>Pineapple (1/4 cup)<br/>Milk (3/4 cup)</p>                      | <p><b>28</b><br/>Spanish Rice &amp; Beef (1.5 oz.)<br/>Green Beans (1/4 cup)<br/>Oranges (1/2 each)<br/>Milk (3/4 cup)</p>          | <p><b>29</b><br/>Nachos/Meat/Cheese (1.5 oz.)<br/>Mixed Vegetables (1/4 cup)<br/>Pears (1/4 cup)<br/>Milk (3/4 cup)</p>     |

# October 2026 Snack



| Mon                                                                                                             | Tue                                                                                | Wed                                                                                 | Thu                                                                           |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
|                                |  |  | <b>1</b><br><br><b>NO SCHOOL</b>                                              |
| <b>5</b><br><br><i>Soft Pretzel (1 each)</i><br><i>Marinara Sauce</i><br><i>Baby Carrots (1/2 cup)</i>          | <b>6</b><br><br><i>String Cheese (1.0 oz.)</i><br><i>Apple Slices (1/2 cup)</i>    | <b>7</b><br><br><i>Yogurt Cup (4 oz.)</i><br><i>Cinnamon Crisps (1/2 each)</i>      | <b>8</b><br><br><i>Spinach Salad w/dressing</i><br><i>Goldfish Crackers</i>   |
| <b>12</b><br><br><i>Turkey Roll Ups (1/2 oz. Meat)</i><br><i>Celery Sticks (1/2 cup)</i><br><i>Cream Cheese</i> | <b>13</b><br><br><i>Carrots (1/2 cup)</i><br><i>Sun Butter (1 TBS)</i>             | <b>14</b><br><br><i>Sliced Pears (1/2 cup)</i><br><i>Cheese Stick (1 oz.)</i>       | <b>15</b><br><br><i>Hard Cooked Eggs (1 each)</i><br><i>Cheez-It-Crackers</i> |
| <b>19</b><br><br><i>Cucumbers (1/2 cup)</i><br><i>Hummus</i><br><i>Milk (1/2 cup)</i>                           | <b>20</b><br><br><i>Applesauce (1/2 cup)</i><br><i>Bagel</i>                       | <b>21</b><br><br><i>Tortilla Chips</i><br><i>Salsa &amp; Black Beans (1/2 cup)</i>  | <b>22</b><br><br><i>Toast (1/2 slice)</i><br><i>Tomatoes (1/2 cup)</i>        |
| <b>26</b><br><br><i>Orange Wedges (1/2 cup)</i><br><i>Scooby Snacks</i>                                         | <b>27</b><br><br><i>Applesauce (1/2 cup)</i><br><i>Toast Sticks</i>                | <b>28</b><br><br><i>Broccoli Salad (1/2 cup)</i><br><i>Club Crackers</i>            | <b>29</b><br><br><i>Cheese Stick (1 oz.)</i><br><i>Raisins (1/4 cup)</i>      |