	October 2026					*contains milk
	Monday	Tuesday	Wednesday	Thursday 10/1	Friday 10/2	Saturday 10/3
BREAKFAST				Yogurt w/ Granola*	WG Biscuits/Jelly*	WG Bagels
				Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
				WG Granola	WG Flour	WG Flour
				Yogurt	Pears	Applesauce
LUNCH				Chili Mac*	Chicken&Rice*	BBQ Chicken
				Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
				WG Pasta	WG Rice	WG Rolls
				Beef	Chicken	Chicken
				Brocoli	Cauliflower,Brocc,Carrots	Mash Potatoes
				Apples	Melon	Mixed Fruit Juice
DINNER				BBQ Chicken Sandwich	Tuna Pasta Salad*	
				Whole or 1% milk	Whole or 1% milk	
				WG Buns	WG Pasta	
				Chicken	Tuna	
				Cole Slaw	Carrots	
				Apples	Melon	
SNACK				Pumpkin Bread*	Snack Mix	Banana Bread*
				Diced Pears	Dried Fruit/ Peaches	Bananas
				WG Flour	WG Pretzels/Cereal	WG Flour
	Monday 10/5	Tuesday 10/6	Wednesday 10/7	Thursday 10/8	Friday 10/9	Saturday 10/10
BREAKFAST	WG Cereal*	WG Muffins*	WG Bagels/Cream Cheese*	WG Cereal*	WG Biscuits/Jelly*	Cheesy Grits*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Rice Crispies	WG Flour	WG Flour	WG Apple Cinnamon Oats	WG Flour	WG Grits
	Pineapples	Apples	Diced Pears	Peaches	Oranges	Pineapples
LUNCH	Beef Stir Fry	Chicken Tacos*	Tuna Bake*	Herb Chicken & Rice	Spaghetti*	Chicken Mac*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Pita	WG Tortillas	WG Pasta	WG Rice	WG Pasta	WG Pasta
	Beef	Chicken, Cheese	Tuna	Chicken	Beef	Chicken
	Corn	Salsa,Lettuce	Broccoli	Peas,GB,Carrots	Cabbage,Collards	Green Beans
	Peaches	Oranges	Apples	Pineapples	Applesauce	Mixed Fruit Juice
DINNER	Chicken Alfredo*	Santa Fe Beef	Pepper Steak	Mac&Cheese*	Turkey Wrap*	
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	

	WG Pasta	WG Rice	WG Rice	WG Pasta	WG Tortillas	
	Chicken	Beef	Beef	Cheese	Turkey,Cheese	
	Brocoli	Roasted Corn	Peas	Carrots	Cucumbers	
	Peaches	Oranges	Apples	Pineapples	Applesauce	
SNACK	Cheese&WG Crackers*	Chocolate Hummus*	WG Banana Bread*	ogurt w/ Cinnamon Tortillas	WG Cheese Sammy*	Butternut Fritters
	Cheese	Chickpeas	Applesauce	Yogurt	Cheese	Butternut Squash
	WG Crackers	Graham Crackers	WG Flour	WG Tortillas	WG Bread	Mixed Fruit
	Monday 10/12	Tuesday 10/13	Wednesday 10/14	Thursday 10/15	Friday 10/16	Saturday 10/17
BREAKFAST	WG Cereal*	WG Bagels/Cream Cheese*	WG Frenchtoast/Syrup*	WG Cereal*	Yogurt w/ Granola*	WG English Muffins*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Toasted Oats	WG Flour	WG Bread	WG Corn Flakes	WG Oats	WG Flour
	Diced Pears	Pineapples	Oranges	Peaches	Yogurt	Diced Pears
LUNCH	Chicken&Biscuit *	TexMex Rice	Chicken Alfredo*	Turkey Sammy*	BBQ Chicken Sandwich	Tuna Pasta Salad*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Biscuit	WG Rice	WG Pasta	WG Bread	WG Bread	WG Pasta
	Chicken	Beef	Chicken	Turkey,Cheese	Chicken	Tuna
	Peas,GB,Carrots	Corn	Cauliflower,Brocc,Carrots	Potato Salad	Coleslaw	Cucumber
	Applesauce	Peaches	Apples	Pineapples	Oranges	Peaches
DINNER	Lasagna*	Chicken Fijia	Chili	Baked Chicken	Tuna Pasta Salad*	
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	
	WG Pasta	WG Tortillas	WG Rolls	Rice	WG Pasta	
	Beef	Chicken	Beef	Chicken	Tuna	
	Cabbage	Beans	Peas,GB,Carrots	Zucc, Squash	Cucumber	
	Applesauce	Peaches	Apples	Pineapples	Oranges	
SNACK	Milk & WG Crackers*	WG Cheese Sammy*	Snack Mix	WG Zucchini Bread *	Hummus	WG Applesauce Bread*
	Whole or 1% milk	Cheese	Dried Fruit/ Pears	Oranges	Chickpeas	Apples
	WG Crackers	WG Bread	WG Pretzels/Cereal	WG Flour	WG Pita	WG Flour
	Monday 10/19	Tuesday 10/20	Wednesday 10/21	Thursday 10/22	Friday 10/23	Saturday 10/24
BREAKFAST	WG Cereal*	WG Biscuits/Jelly*	WG Pancakes/Syrup*	WG Cereal*	WG Bagels/Cream Cheese*	WG French Toast*
	Whole or 1% milk	Whole or 1%	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Apple Cinna Oats	WG Flour	WG Flour	WG Flakes	WG Flour	WG Bread
	Pineapples	Diced Pears	Apples	Peaches	Pineapples	Applesauce
LUNCH	Curry Chicken	Fiesta Beef Pasta*	Turkey Sandwich*	Mac&Cheese*	Baked Spaghetti*	Beef Stir Fry

	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Rice	WG Pasta	WG Bread	WG Pasta	WG Pasta	WG Pita
	Chicken	Beef	Turkey,Cheese	Cheese	Beef	Beef
	Peas,Carrots	Corn	Potato Salad	Cauliflower,Brocc,Carrots	Cabbage	Zucc, Squash
	Apples	Oranges	Pineapples	Applesauce	Oranges	Mixed Fruit Juice
DINNER	Pizza Bake*	Chicken Burritos*	Chicken Pasta Salad*	Beef Stir Fry	Tuna Salad*	
	Whole or 1% milk	Whole or 1% Milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	
	WG Pasta	WG Tortilla	WG Pasta	WG Pita	WG Crackers	
	Beef	Chicken,Cheese	Chicken	Beef	Tuna	
	Green Beans	Salsa, Beans	Carrots	Roasted potatoes	Broccoli	
	Apples	Oranges	Pineapple	Applesauces	Oranges	
SNACK	WG Oatmeal Bites*	Milk & Veggies*	WG Crackers & Cheese*	Veggies & Ranch*	Chocolate Hummus*	Veggie Pasta Salad*
	Diced Pears	Whole or 1% milk	Cheese	Ranch	Chickpeas	Cucs, Tomato, Celery
	WG Oats	Carrots & Cucumbers	WG Crackers	Carrots	WG Graham Crackers	WG Pasta
	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30	Saturday 10/31
BREAKFAST	WG Cereal*	WG Muffins*	WG Frenchtoast/Syrup*	WG Bagels/Cream Cheese*	WG Pancakes/Syrup*	WG Biscuits*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Rice Crispies	WG Flour	WG Bread	WG Flour	WG Flour	WG Flour
	Applesauce	Pineapples	Peaches	Oranges	Pears	Oranges
LUNCH	Chicken Pita	Arroz Con Pollo	Tuna Pasta Salad*	Cheesy Beef Bake*	Chicken Chili	Turkey Wraps*
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk
	WG Pita	WG Rice	WG Pasta	WG Rice	WG Roll	WG Tortillas
	Chicken	Chicken	Tuna	Beef	Chicken	Turkey,Cheese
	Cucumber/Tomato	Peas,GB,Carrots,Corn	Cucumbers, Carrots	Broccoli	Corn/Beans	Carrots
	Diced Pears	Oranges	Applesauce	Pineapples	Apples	Applesauce
DINNER	Chicken Noodle Soup	Mexican Lasagna*	Sloppy Joe	Chicken Alfredo*	Turkey Wraps*	
	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	Whole or 1% milk	
	WG Pasta/ WG Crackers	WG Pasta	WG Buns	WG Pasta	WG Tortillas	
	Chicken	Beef	Beef	Chicken	Turkey,Cheese	
	Carrots/Celery	Corn	Green Beans	Cauliflower,Brocc,Carrots	Carrots	
	Diced Pears	Oranges	Applesauce	Pineapples	Apples	
SNACK	WG Applesauce Bread*	Bean & Corn Dip	Milk & WG Crackers*	Yogurt w/ Cinnamon Tortillas*	Veggies & Cheese*	Veggie Pasta Salad*
	Melons	Beans, Corn	Whole or 1% milk	Yogurt	Cheese	Tomato, Carrot, Celery
	WG Flour	WG Chips/ Flour Tortillas	WG Crackers	WG Tortillas/ Graham Crackers	Cucumbers, Carrots	WG Pasta