



2026 MENU

October

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast and Lunch are served with Milk. Snack is served with Water

-Grains are Whole Wheat or Brown if not specified

-Vegetarian options are listed within ()

-Substitutions for age-appropriate accommodations are listed within * *

			1 Breakfast: French Toast, Strawberries Lunch: Sweet and Sour Chicken (tofu), Fried Rice with Mixed Vegetables, Pineapple PM Snack: Applesauce, Graham Crackers	2 Breakfast: Fruit Bars & Blueberries Lunch: Naan Pizza w/ Turkey Pepperoni (Cheese) Steamed Carrots and Apples PM Snack: Chips (crackers), Salsa, Guacamole
5 Breakfast: Waffles and Applesauce Lunch: Butter Chicken (tofu), Jasmine Rice, Carrots and Peas, Blueberries PM Snack: Animal Crackers and Oranges	6 Breakfast: Banana Bread & Strawberries Lunch: Chicken (tofu) Quesadilla, Corn, & Melon PM Snack: Graham Crackers & Blueberries	7 Breakfast: Pancakes, Peaches Lunch: Mixed Vegetable Soup with Chicken (Tofu), Oranges and Corn Bread PM Snack: String cheese, Fresh Berries	8 Breakfast: Fruit & Grain Bars with Apples Lunch: Chicken (tofu) Cheese Caesar Wrap, Tater Tots, Mixed Fresh Fruit PM Snack: Pita Crackers and Melon	9 Breakfast: Whole Grain Cereal and Strawberries Lunch: Naan pizza w/ Turkey Pepperoni (veggie and cheese), Peas, Pineapple PM Snack: Rice Cakes, Blueberries
12 Breakfast: Yogurt and Mixed Berries Lunch: Tikka Chicken (tofu), Jasmine Rice, Carrots and Peas, Watermelon PM Snack: Cubes Cheese and Animal Crackers	13 Breakfast: Scrambled Eggs w/ Bell Peppers, Apples Lunch: Chicken (Bean) and Cheese Tacos, Salsa, Corn, Peaches PM Snack: Orange Cranberry Bars, Applesauce	14 Breakfast: French Toast and Mixed Berries Lunch: Alfredo Pasta with Chicken (Tofu) Peas, Pineapple PM Snack: Bananas and Graham Crackers	15 Breakfast: Blueberry Oatmeal and Oranges Lunch: Turkey/Bacon/Cheese (tofu) Wraps with French Fries and Apples PM Snack: Goldfish & Strawberries	16 Breakfast: Yogurt, Blueberries, Granola Lunch: Cauliflower crust pizza w/ turkey pepperoni (cheese), baby carrots *steamed*, Watermelon PM Snack: Cucumbers, Pita Crackers, and Ranch
19 Breakfast: English Muffins *Toast* w/ SunButter, Banana Lunch: Waffles, Turkey Sausage (Impossible), Applesauce, Hash Browns PM Snack: String Cheese and Berries	20 Breakfast: Pancakes, Strawberries Lunch: Swedish Turkey (tofu) Pasta, Peas, Peaches PM Snack: Sunbutter and Graham Crackers	21 Breakfast: Cinnamon Overnight Oats and Oranges Lunch: Cheese Roll-Ups with Tater Tots and Blueberries PM Snack: Goldfish and Melon	22 Breakfast: Cereal and Bananas Lunch: Shredded Chicken (tofu) and Cheese Wraps, Spring Greens Salad *Corn*, Mixed Fresh Fruit PM Snack: Pita Crackers and Cheese	23 Breakfast: Yogurt, Strawberries, Granola Lunch: Naan pizza w/ turkey pepperoni (cheese), baby carrots *steamed*, Blueberries PM Snack: Cucumbers, Ranch and Crackers
26 Breakfast: Toast , Blueberries Lunch: Teriyaki Chicken (tofu), Fried Rice with Mixed Vegetables, Apples PM Snack: SunButter and Graham Crackers with Banana	27 Breakfast: Blueberry Overnight Oats and Oranges Lunch: Grilled Cheese & Tomato Soup, French Fries and Pineapple PM Snack: Goldfish, Melon	28 Breakfast: French Toast and Mixed Berries Lunch: Butter Chicken (tofu), Jasmine Rice, Carrots and Peas, Bananas PM Snack: Cubes Cheese and Whole Wheat Crackers	29 Breakfast: Biscuit with Jelly, Melon Lunch: Chicken and Artichoke Wrap, Tater Tots, Mixed Fresh Fruit PM Snack: Pretzels *crackers* & Oranges	30 Breakfast: Whole Grain Cereal and Strawberries Lunch: Naan pizza w/ Turkey Pepperoni (veggie and cheese), Peas, Pineapple PM Snack: Rice Cakes, Blueberries