



2026 MENU

October

Monday

Tuesday

Wednesday

Thursday

Friday

			1 <u>Breakfast:</u> Toast w/jelly and eggs and turkey sausage <u>AM Snack:</u> Fresh fruit and crackers <u>Lunch:</u> Lasagna, veggies and fresh fruit <u>Vegetarian:</u> Lasagna w/ marinara sauce <u>PM Snack:</u> Goldfish and crackers	2 <u>Breakfast:</u> Pancakes and turkey bacon <u>AM Snack:</u> Fruit bar <u>Lunch:</u> Hamburgers, veggies and fresh fruit <u>Vegetarian:</u> Veggie Nuggets <u>PM Snack:</u> Fruit w yogurt
5 <u>Breakfast:</u> Sausage biscuit and fruit <u>AM Snack:</u> Yogurt Parfait and crackers <u>Lunch:</u> Cheese pizza, veggies and fresh fruit <u>PM Snack:</u> Cheese and crackers	6 <u>Breakfast:</u> Cinnamon toast sticks and turkey sausage <u>AM Snack:</u> Fruit Cup and crackers <u>Lunch:</u> Taco Tuesday, veggies and fresh fruit <u>Vegetarian:</u> Bean and cheese taco <u>PM Snack:</u> Fruit bars	7 <u>Breakfast:</u> Fruit yogurt parfait <u>AM Snack:</u> Goldfish and applesauce <u>Lunch:</u> Mac and cheese, veggies and fresh fruit <u>PM Snack:</u> Fruit muffins	8 <u>Breakfast:</u> Multigrain chex cereal and milk <u>AM Snack:</u> Applesauce and Graham crackers <u>Lunch:</u> Cheese Enchiladas, veggies and fresh fruit <u>PM Snack:</u> Fruit Cup with crackers	9 <u>Breakfast:</u> Waffles w/eggs <u>AM Snack:</u> Fruit Bar <u>Lunch:</u> Chicken nuggets, mashed potatoes and fresh fruit <u>Vegetarian:</u> Veggies Nuggets <u>PM Snack:</u> Banana pudding and crackers
12 <u>Breakfast:</u> Yogurt parfait w/ toast <u>AM Snack:</u> Fruit Cup and crackers <u>Lunch:</u> Turkey Wraps, veggies and fresh fruit <u>Vegetarian:</u> Veggie goulash <u>PM Snack:</u> Fruit bar	13 <u>Breakfast:</u> Cinnamon rolls and turkey sausage <u>AM Snack:</u> Trail mix <u>Lunch:</u> Taco Tuesday, veggies, and fresh fruit <u>Vegetarian:</u> Bean and cheese taco <u>PM Snack:</u> Animal Crackers and fruit	14 <u>Breakfast:</u> Turkey sausage and biscuits <u>AM Snack:</u> Applesauce and Graham crackers <u>Lunch:</u> Alfredo Pasta, veggies and fresh fruit <u>PM Snack:</u> Goldfish and fruit	15 <u>Breakfast:</u> Toast w/ jelly and eggs and sausage <u>AM Snack:</u> Fruit Bar <u>Lunch:</u> Grilled cheese sandwich, tater tots and fresh fruit <u>PM Snack:</u> Fruit cup and crackers	16 <u>Breakfast:</u> Pancakes and turkey bacon <u>AM Snack:</u> Fruit cup and crackers <u>Lunch:</u> Cheese Pizza, Veggies and fresh fruit <u>PM Snack:</u> Fruit Muffins
19 <u>Breakfast:</u> Multigrain Chex cereal and milk <u>AM Snack:</u> Yogurt Parfait and crackers <u>Lunch:</u> Pizza Roll-up, veggies and fresh fruit <u>Vegetarian:</u> Veggie Nuggets <u>PM Snack:</u> Animal crackers and fruit	20 <u>Breakfast:</u> Cinnamon toast sticks and fruit <u>AM Snack:</u> Trail mix and fruit <u>Lunch:</u> Taco Tuesday, veggies and fresh fruit <u>Vegetarian:</u> Bean and Cheese taco <u>PM Snack:</u> Graham crackers and applesauce	21 <u>Breakfast:</u> Fruit Yogurt Parfait <u>AM Snack:</u> Cheese and crackers <u>Lunch:</u> Chicken Wrap, veggies and fresh fruit <u>Vegetarian:</u> Veggie chicken wrap <u>PM Snack:</u> Goldfish and fruit	22 <u>Breakfast:</u> Breakfast Pizza and fruit <u>AM Snack:</u> Crackers and fruit cup <u>Lunch:</u> Turkey Meatballs, mashed potatoes and fresh fruit <u>Vegetarian:</u> Veggie Meatballs <u>PM Snack:</u> Fruit Jello with crackers	23 <u>Breakfast:</u> Waffles with eggs <u>AM Snack:</u> Fruit Bar and crackers <u>Lunch:</u> Chicken Sandwich, tater tots and fresh fruit <u>Vegetarian:</u> Veggie nuggets <u>PM Snack:</u> Graham crackers and fruit
26 <u>Breakfast:</u> Muffins w/ yogurt <u>AM Snack:</u> Applesauce and crackers <u>Lunch:</u> Chicken nuggets veggies and fresh fruit <u>Vegetarian:</u> Veggie Nuggets <u>PM Snack:</u> Cheese sticks and crackers	27 <u>Breakfast:</u> Cinnamon rolls and turkey sausage <u>AM Snack:</u> Graham Crackers w/ yogurt <u>Lunch:</u> Taco Tuesday, veggies and fresh fruit <u>Vegetarian:</u> Bean and cheese taco <u>PM Snack:</u> Animal Crackers and fruit	28 <u>Breakfast:</u> Turkey sausage and biscuits <u>AM Snack:</u> Trail Mix and Fruit <u>Lunch:</u> Spaghetti w/meatballs, veggies and fresh fruit <u>Vegetarian:</u> Spaghetti w/ marinara sauce <u>PM Snack:</u> Fruit Jello and Crackers	29 <u>Breakfast:</u> Toast w/jelly and eggs and sausage <u>AM Snack:</u> Fresh fruit and crackers <u>Lunch:</u> Lasagna, veggies and fresh fruit <u>Vegetarian:</u> Lasagna w/ marinara sauce <u>PM Snack:</u> Goldfish and crackers	30 <u>Breakfast:</u> Pancakes and turkey bacon <u>AM Snack:</u> Fruit bar <u>Lunch:</u> Hamburgers, veggies and fresh fruit <u>Vegetarian:</u> Veggie Nuggets <u>PM Snack:</u> Fruit w yogurt