2026 October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
Breakfast				Scrambled Cheesy Eggs, Hashbrowns & Milk	Sweet Potato Muffins, Banana & Milk
Lunch				**Chicken Teryaki w/ WGR Brown Rice, Mixed Veggies, Pineapple and Milk**	**Calico Beans, Roasted Cauliflower, Orange Slices, Enriched French Baguette and Milk *Mandarin Oranges**
Snack				Pie Apples & Graham Crackers	Broccoli, Cauliflower & Wheat Thins
	5	6	7	8	9
Breakfast	Oatmeal Squares Cereal, Banana, & Milk	WGR Pancakes, Mixed Berries & Milk	WRG Oatmeal, Oranges & Milk *Mandarin Oranges	Breakfast Pizza, Honeydew, & Milk	WGR English Muffins, Blueberries & Strawberries & Milk
Lunch	**Beef Stroganoff w/ Egg Noodles, Sauteed Zuchinni, Sliced Pears and Milk**	**Grilled Cheese on WGR Bread, Tomato Soup, Roasted Cauliflower and Milk**	**Chicken Gyros w/ Pita Bread, Cucumber and Tomato Salad, Cantaloupe and Milk**	**Lemon Basil Chicken, Enriched Orzo Pasta, Mixed Veggies, Mixed Berries w/ Canteloupe & Milk**	**BBQ Pulled Pork on WGR Bread, Coleslaw, Watermelon & Milk**
Snack	Cheese Sticks, Ritz Crackers & Turkey Sticks	Cottage Cheese & Peaches	Apple Nachos & Graham Crackers	WGR Savoritz Crackers & Baby Carrots	Goldfish w/ mixed fresh fruit & Cheese sticks
	12	13	14	15	16
Breakfast	WGR KIX, Banana & Milk	WW Pancakes, Mixed Berries & Milk	French Toast Bake, Applesauce & Milk	Egg Fritatas, Apple Slices, & Milk	
Lunch	**Kiabasa & Chicken w/ Roasted Peppers, Onion & Zucchini, WGR Brown Rice, Pineapple & Milk**	**Chicken Avacado Sandwiches on WGR Bread, Roasted Corn, Clementine, & Milk**	**Lasagna, Honeydew, Mixed Veggies, WW Breadsticks and Milk *Applesauce**	**Mac N' Cheese, Roasted Broccoli, Canteloupe & Milk**	**CLOSED**
Snack	Yougurt, Granola, & Mixed Fruit	Pumpkin Bars & Cucumbers	Go-Gurt & Graham Crackers	Cheese Quedillas & Carrots	
	19	20	21	22	23
Breakfast	Oatmeal Squares Cereal, Banana, & Milk	WGR Pancakes, Mixed Berries & Milk	WGR Yogurt, Mixed Fruit, Granola & Milk	Scrambled Eggs, Hashbrowns & Milk	Sweet Potato Muffins, Pears & Milk
Lunch	**Tilapia w/ Tartar Sauce, WGR Bread, Green Beans, Pears and Milk**	**Chicken Alfredo W/ Pasta, Baby Carrots roasted, Cheese Sticks & Milk**	**Tikka Masala Chicken, Enrich White Rice, Bell Peppers, Mango and Milk**	**Pot Roast, Baked Potatoes & Carrots, WGR Dinner Roll & Milk**	**Black Bean Burgers, Bun, Roasted Carrots, Mandarin Oranges and Milk**
Snack	Pineapple & Animal Crackers	Cheese Sticks & WGR Woven Crackers	Banana & Graham Crackers	Yogurt, Mixed Berries & Granola	Bean Quesadillas WGR & Apple Slices
	26	27	28	29	30
Breakfast	WGR Cheerios, Bananas & Milk	WGR Pancakes, Mixed Berries & Milk	Breakfast Pizza, Mandrain Oranges & Milk	Cheesey Scrambled Eggs, Honeydew & Milk	Oatmeal Muffins, Mandrain Oranges & Milk
Lunch	**Chicken Pot Pie filling w/ Biscuit, Mixed Vegetables, Apples & Milk**	**Al Pastor Tacos on WGR Corn Tortilla, Zuchinni, Mango and Milk**	**WGR Spaghetti with Meat Sauce, Steamed Broccoli, Pears and Milk**	**WGR Chicken Quesdillas, Refried Beans, Pineapple & Milk**	**Biscuits & Chicken Pot Pie Filling, Mixed Veggies, Cantaloupe and Milk**
Snack	Bread Stick, & Cheese Cubes	Graham Cracker & Mandarin Oragnes	Pita, Carrots & Hummus	Apples & Pumpkin Bars	Grapes & Mummy pigs in a blanket

*Milk is served at both Breakfast and Lunch. Whole Milk for children 1-2 years old, Skim Milk for children ages 2-5

* Red Font indicates a toddler or infant alternative

*WGR= Whole Grain Rich HM= Home Made

Meal Patterns and Serving Sizes are posted in each classroom and in the kitchen on the freezer.