

OCTOBER MENU- 2026

GREEN = Wheat, Whole-Grain, & Multi-Grain Items

RED = Vegetarian Option

PURPLE = Infant/Toddler Alternative

ready
set,
grow!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	28 Blueberry loaf, Diced pears, 1% milk	29 WG Mini Bagel, Cream Cheese, 1% Milk - Whole Milk	30 WG Cereal Oatmeal Bar, Applesauce, 1% Milk - Whole Milk	1 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	2 Chef's Choice Day
PM Snack	Apple muffin w/ fruit, water	Graham Crackers, Strawberry Yogurt, Water - Banana Snack Puffs	Cucumber Slices, Hummus, Water - Diced Cucumber	Wheat Thin Crackers, Mozzarella String Cheese, Water - WG Toasted Oats & Applesauce	Chef's Choice Day
Breakfast	5 Yogurt, Berries 1% Milk - Whole Milk	6 WG Spooner Cereal, Strawberry Slices, 1% Milk - Whole Milk	7 Oatmeal Cereal Bar, Yogurt, 1% Milk, Whole Milk	8 WG Banana Loaf, Blueberries, 1% Milk - Whole Milk	9 Chef's Choice Day
PM Snack	Townhouse Crackers, American Cheese Slice, Water	Fresh Apple Slices, Sunbutter, Water - Strawberry/Apple Puffs, Applesauce	WG Rice Cake, Sunbutter, Graham Cracker , Applesauce, Water	Cucumber Slices, Tzatziki Dip, Water - Diced Cucumber Slices	Chef's Choice Day
Breakfast	12 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	13 WG Oatmeal Cereal Bar, Berry Mix, 1% Milk, Whole Milk	14 WG Cereal, fruit 1% Milk - Whole Milk	15 Yogurt, Blueberries, 1% Milk, Whole Milk	16 Chef's Choice Day
PM Snack	WG Pizza Crackers , Mandarin Oranges, Water - Banana Snack Puffs	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker , Applesauce, Water	WG Graham Cracker, Mozzarella String Cheese, Water	Chef's Choice Day
Breakfast	19 Cinnamon Raisin Toast, Tropical Fruit, 1% Milk, Whole Milk	20 WG Cereal, 1/2 Banana, 1% Milk - Whole Milk	21 WG Oatmeal Cereal Bar, 1/2 Orange, 1% Milk, Whole Milk	22 Yogurt, Berries 1% Milk - Whole Milk	23 Chef's Choice Day
PM Snack	WG All Sport Bites, Mandarin Oranges, Water - Banana Snack Puffs	That's It Apple/Banana Fruit Bar, Water	WG Graham Crackers, Applesauce, Water - Snack Puffs	Townhouse Crackers, American Cheese Slice, Water	Chef's Choice Day
Breakfast	26 WG Apple Cinnamon Loaf, Tropical Fruit, 1% Milk, Whole Milk	27 WG mini bagel, cream cheese 1% Milk, Whole Milk	28 WG Cereal bar, fruit 1% Milk - Whole Milk	29 WG Cereal, fruit 1% Milk - Whole Milk	30 Chef's Choice Day
PM Snack	WG Pizza Crackers , Mandarin Oranges, Water - Banana Snack Puffs	Cucumber Slices w/Ranch, Water, WG Toasted Oats	WG Rice Cake, Sunbutter, Graham Cracker , Applesauce, Water	Townhouse Crackers, American Cheese Slice, Water	Chef's Choice Day

Infant/Toddler Serving Key Size: Milk (4oz), Fruit/Vegetable (2oz), Protein (1oz), Grain (1/2 oz) Preschool Serving Size: Milk (6oz), Fruit/Vegetable (2oz), Protein (2oz), Grain (1/2 oz) Canned fruit are in natural juices.



