



			Wednesday 10/1/25	Thursday 10/2/25	Friday 10/3/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WORLD VEGETARIAN DAY CREAM OF WHEAT FRUIT COCKTAIL *MILK	KIX CEREAL PEARS *MILK	ENGLISH MUFFIN CINNAMON APPLES *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS			MINI BAGEL BLUEBERRIES WATER	BANANA PARTFAIT GRAHAM CRACKER YOGURT BANANA WATER	CHEESE TOAST HM CHICKEN NOODLE SOUP WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			VEGETARIAN CHILI LENTILS CROISSANT APPLE SLICES GREEN BEANS * MILK	NATIONAL KALE DAY BAKED LEMON CHICKEN BROWN RICE DICED APRICOTS ZESTY KALE SALAD *MILK	GROUND TURKEY SOFT TACO ENRICHED SOFT/HARD TACOS ZESTY CORN REFRIED BEANS *MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS			GRAHAM CRACKER PUMPKIN APPLESAUCE WATER	WHEAT CHEX PEACHES WATER	ENRICHED PRETZELS STRAWBERRIES WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			RED KIDNEY BEANS BROWN RICE GROOVY GRAPES SPINACH *MILK	BEEF CHEESEBURGER HAMBURGER BUN APRICOTS OVEN BAKED FRENCH FRIES *MILK	ORANGE CHICKEN LO-MEIN EGG NOODLES PEARS STIR FRY VEGETABLES * MILK
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS			VEGGIE PINWHEELS SPINACH TORTILLA CUCUMBERS	RITZ CRACKERS MOZZARELLA CHEESE STICK WATER	ANIMAL CRACKERS PLUMS WATER
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.					

Harvest of the month: Squash



Oct-25

	Monday 10/6/25	Tuesday 10/7/25	Wednesday 10/8/25	Thursday 10/9/25	Friday 10/10/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PUMPKIN PANCAKE CINNAMON BANANAS *MILK	FRENCH TOAST ORANGE SMILES *MILK	SAUSAGE PATTY FRUIT COCKTAIL *MILK	OATMEAL APRICOTS *MILK	BISCUITS BLUEBERRIES *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENGLISH MUFFIN BLUEBERRIES WATER	PITA CHIPS PEACH SMOOTHIE WATER	AVOCADO TOAST WHOLE WHEAT BREAD AVOCADO SLICES WATER	CHEERIOS RASPBERRIES WATER	WHEAT CRACKERS CEASAR SALAD WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL NOODLE DAY TERIYAKI CHICKEN STIR FRY NOODLES FRUIT COCKTAIL GARLIC BROCCOLI *MILK	HM MAC-N CHEESE MACARONI NOODLES CATALOUPE SWEET PEAS *MILK	TURKEY & CHEESE PINWHEELS TORTILLA SLICED PEARS BABY CARROTS * MILK	MINI CHEESE PIZZA MOZZARELLA CHEESE BAGEL HONEYDEW MELON MIXED VEGETABLES *MILK	STEW CHICKEN GARLIC BREAD STICK APRICOT CREAMED SPINACH *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ZUCCHINI BREAD CRUSHED PINEAPPLE WATER	CHEERIOS PEARS WATER	PEANUT BUTTER/WOW/SOY CELERY STICKS RAISINS WATER	CHEEZE ITZ APPLES WATER	GOLDFISH BROCCOLI & CHEESE SOUP WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SMOKED BBQ CHICKEN BREAD STICKS PLUMS ROASTED ACORN SQUASH * MILK	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL GRAPES (CUT APPROPRIATELY) TRI COLOR COLESLAW *MILK	GROUND TURKEY RICE PILAF GREEN & RED BELL PEPPERS LIMA BEANS * MILK	CHICKEN BURRITO BOWL BROWN RICE MANDARINS BLACK BEANS *MILK	TUNA SALAD CROISSANT CHERRY TOMATOES (CUT) SWEET POTATO STICKS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ANIMAL CRACKERS 100% ORANGE JUICE	EGG SALAD SANDWICH WHEAT BREAD WATER	RICE CAKE KIWI SLICES WATER	COTTAGE CHEESE PEACHES WATER	PUMPKIN MUFFIN 100% APPLE JUICE
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
<p>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.</p>					



	Monday 10/13/25	Tuesday 10/14/25	Wednesday 10/15/25	Thursday 10/16/25	Friday 10/17/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	GRITS BAKED PEACHES *MILK	MINI WAFFLES KIWI SLICES *MILK	ENGLISH MUFFIN BLUEBERRIES *MILK	ENRICHED GRITS APPLE SLICES *MILK	CHEERIOS CANTALOUPE *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	RICE CAKES 100% APPLE JUICE	BISCUIT SAUSAGE PATTY WATER	MINI BAGEL HONEYDEW MELON WATER	MUFFIN WATERMELON CHUNKS WATER	EGG SALAD WHEAT BREAD WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GROUND CHICKEN SOFT TACO TROPICAL FRUIT SALAD CORN ON THE COB *MILK	WARM HAM & CHEESE SLIDERS SLIDER BUN FRENCH FRIES BAKED BEANS *MILK	BREAKFAST FOR LUNCH MAPLE SAUSAGE LINKS FRENCH TOAST RASPBERRIES TATER TOTS * MILK	GRILLED CHICKEN KABOBS HAWAIIAN ROLL PEAR SLICES ROASTED BRUSSELL SPROUTS *MILK	NATIONAL PASTA DAY GRILLED CHICKEN ALFREDO FETTUCCINI PASTA APRICOTS BROCCOLI *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	OYSTER CRACKERS HM MINISTRONE SOUP WATER	LOWFAT YOGURT RASPBERRIES WATER	TURKEY ROLLUPS CHEESE CRACKER WATER	PITA CHIPS PUMPKIN HUMMUS WATER	SUNCHIPS BANANA WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SWEET & SOUR CHICKEN FRIED RICE PINEAPPLE TIDBITS MIXED VEGETABLES *MILK	STEAK FINGERS ROLL PLUMS SWEET ACORN SQUASH * MILK	ROASTED TURKEY W/GRAVY CORNBREAD BUTTERNUT SQUASH SWEET PEAS * MILK	BEEF STEW BROWN RICE BABY CARROTS ASPARAGUS *MILK	MEATLOAF SLICED BREAD MASHED CAULIFLOWER GREEN BEANS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PRETZELS APPLESAUCE WATER	SUNCHIPS GRAPES (CUT IN HALVES) WATER	RITZ CRACKERS PINEAPPLE STRIPS WATER	GRAHAM CRACKERS PEARS WATER	PEANUT/SOY/WOW BUTTER & JELLY APRICOTS WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement. The Menu only denotes the grain component served for each day. Center is required to indicate which meal a whole grain was served.				



	Monday 10/20/25	Tuesday 10/21/25	Wednesday 10/22/25	Thursday 10/23/25	Friday 10/24/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MINI BAGEL BLACKBERRIES *MILK	CHEERIOS STRAWBERRIES *MILK	OATMEAL ORANGE WEDGES *MILK	WAFFLES PEARS *MILK	NATIONAL PANCAKE DAY MINI PANCAKES KIWI *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	PITA POCKET HUMMUS/SHREDDED CARROTS	ENGLISH MUFFIN PINEAPPLE SLICES WATER	FRENCH TOAST HONEYDEW MELON WATER	BOILED EGGS TRISCUIT CRACKERS WATER	YOGURT GRAHAM CRACKERS PEACHES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	NATIONAL CHICKEN & WAFFLES DAY BAKED CHICKEN WAFFLES RED APPLE SLICES SWEET POTATO FRIES *MILK	SAVORY SALMON BROWN RICE PLUM SLICES BROCCOLI *MILK	(HM) CHEESEY PIZZA PIZZA CRUST WATERMELON SLICES ROASTED CAULIFLOWER * MILK	SAVORY TUNA SANDWICH FRENCH BREAD PEACHES SPINACH SALAD *MILK	CHICKEN SALAD BAGELS BLUEBERRIES GREEN BEANS *MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CARROT BREAD SUGAR SNAP PEAS WATER	ROASTED BEETS SALTINE CRACKERS WATER	OYSTER CRACKERS VEGETABLE SOUP WATER	COLBY JACK CHEESE PAPAYA WATER	FRUIT & NUT BUTTER PITA POCKET PEANUT/WOW/SOY/NUT BUTTER PITA POCKET APPLE OR PEAR SLICES WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE MAC AND CHEESE WHOLE GRAIN NOODLES PLUM SLICES SWEET PEAS *MILK	BAKED FISH FILLET ENRICHED HAMBURGER BREAD PEACHES CABBAGE * MILK	BEEF STICKS HAWAIIAN ROLL PINEAPPLE COLESLAW * MILK	HOT HAM & CHEESE SANDWICH CROISSANT ORANGE SMILES (SLICES) MIXED VEGETABLES *MILK	GROUND TURKEY BROWN RICE PEARS ZUCCHINI SQUASH * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ANIMAL CRACKERS FRUIT COCKTAIL WATER	GOLDFISH APRICOTS WATER	PITA CHIPS BEAN SALAD WATER	PRETZELS CHEDDAR CHEESE CUBES WATER	CHERRY TOMATOES MOZZARELLA CHEESE WATER
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
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	Monday 10/27/25	Tuesday 10/28/25	Wednesday 10/29/25	Thursday 10/30/25	Friday 10/31/25
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTI GRAIN CHEERIOS BLACKBERRIES *MILK <input type="checkbox"/> Whole Grain	CREAM OF WHEAT PLUMS *MILK <input type="checkbox"/> Whole Grain	NATIONAL OATMEAL DAY MAPLE OATMEAL APPLE SLICES *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN FRENCH TOAST FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	PUMPKIN PANCAKES KIWI *MILK <input type="checkbox"/> Whole Grain
AM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	CANTALOUPE ENGLISH CUCUMBERS YOGURT DIP <input type="checkbox"/> Whole Grain	ENGLISH MUFFIN BOILED EGG WATER <input type="checkbox"/> Whole Grain	BANANA BREAD RASPBERRIES WATER <input type="checkbox"/> Whole Grain	MINI CROISSANT AVOCADO WATER <input type="checkbox"/> Whole Grain	PIZZA PITA (MOZZARELLA, PEPPERONI) WATER <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk TWO COMPONENTS	NATIONAL BREADSTICK DAY BEEF STEAK GARLIC BREADSTICKS RED APPLE SLICES CORN *MILK <input type="checkbox"/> Whole Grain	TERIYAKI TOFU BUTTER NOODLES SLICED KIWI BAKED PUMPKIN *MILK <input type="checkbox"/> Whole Grain	SWEDISH MEATBALLS SUB ROLL PEACH SLICES MIXED VEGETABLES * MILK <input type="checkbox"/> Whole Grain	GRILLED XTRA-CHEESE WHEAT BREAD GRAPES (CUT ACCORDINGLY) SPLIT PEA SOUP *MILK <input type="checkbox"/> Whole Grain	FISH FILET HARD/SOFT TACOS RASPBERRIES GREEN BEANS *MILK <input type="checkbox"/> Whole Grain
PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	PRETZEL STICKS CELERY STICKS WATER <input type="checkbox"/> Whole Grain	CHEESE CRACKERS CRISPY ROASTED CHICKPEAS WATER <input type="checkbox"/> Whole Grain	BELL PEPPERS BLACK BEAN HUMMUS WATER <input type="checkbox"/> Whole Grain	BANANA SUSHI ROLL WOW/SOY/PEANUT BUTTER WHEAT BREAD BANANA WATER <input type="checkbox"/> Whole Grain	GRAHAM CRACKERS JACK-O-LANTERN FRUIT CUP WATER <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS HUSH PUPPIES HONEYDEW MELON SWEET PEAS & CARROTS *MILK <input type="checkbox"/> Whole Grain	BBQ PULLED PORK WHEAT ROLL PINEAPPLE SAUTEED SPINACH * MILK <input type="checkbox"/> Whole Grain	SALISBURY STEAK TEXAS TOAST APRICOT HALVES BAKED POTATO * MILK <input type="checkbox"/> Whole Grain	BEEF CHEESEBURGER WHOLE GRAIN BUN STRAWBERRIES OVEN BAKED FRENCH FRIES *MILK <input type="checkbox"/> Whole Grain	STEWED CHICKEN HAWAIIAN ROLL BLUEBERRIES CABBAGE * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	POTATO SALAD 100% GRAPE JUICE <input type="checkbox"/> Whole Grain	COTTAGE CHEESE ORANGES WATER <input type="checkbox"/> Whole Grain	PRETZEL TWISTS PEARS WATER <input type="checkbox"/> Whole Grain	RITZ CRACKERS PLUMS WATER <input type="checkbox"/> Whole Grain	ANIMAL CRACKERS PUMPKIN APPLESAUCE WATER <input type="checkbox"/> Whole Grain
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