



| | | | 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 |
| 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 | | | 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 |
| <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> | | | | | |

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 |
| 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 |
| <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.</p> <p>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 <input type="checkbox"/> Whole Grain | MINI WAFFLES KIWI SLICES *MILK <input type="checkbox"/> Whole Grain | ENGLISH MUFFIN BLUEBERRIES *MILK <input type="checkbox"/> Whole Grain | ENRICHED GRITS APPLE SLICES *MILK <input type="checkbox"/> Whole Grain | CHEERIOS CANTALOUPE *MILK <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 <input type="checkbox"/> Whole Grain | WARM HAM & CHEESE SLIDERS SLIDER BUN FRENCH FRIES BAKED BEANS *MILK <input type="checkbox"/> Whole Grain | BREAKFAST FOR LUNCH MAPLE SAUSAGE LINKS FRENCH TOAST RASPBERRIES TATER TOTS * MILK <input type="checkbox"/> Whole Grain | GRILLED CHICKEN KABOBS HAWAIIAN ROLL PEAR SLICES ROASTED BRUSSELL SPROUTS *MILK <input type="checkbox"/> Whole Grain | NATIONAL PASTA DAY GRILLED CHICKEN ALFREDO FETTUCCINI PASTA APRICOTS BROCCOLI *MILK Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | OYSTER CRACKERS HM MINESTRONE SOUP WATER <input type="checkbox"/> Whole Grain | LOWFAT YOGURT RASPBERRIES WATER <input type="checkbox"/> Whole Grain | TURKEY ROLLUPS CHEESE CRACKER WATER <input type="checkbox"/> Whole Grain | PITA CHIPS PUMPKIN HUMMUS WATER <input type="checkbox"/> Whole Grain | SUNCHIPS BANANA WATER <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 <input type="checkbox"/> Whole Grain | STEAK FINGERS ROLL PLUMS SWEET ACORN SQUASH * MILK <input type="checkbox"/> Whole Grain | ROASTED TURKEY W/GRAVY CORNBREAD BUTTERNUT SQUASH SWEET PEAS * MILK <input type="checkbox"/> Whole Grain | BEEF STEW BROWN RICE BABY CARROTS ASPARAGUS *MILK <input type="checkbox"/> Whole Grain | MEATLOAF SLICED BREAD MASHED CAULIFLOWER GREEN BEANS * MILK <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 <input type="checkbox"/> Whole Grain | CHEERIOS STRAWBERRIES *MILK <input type="checkbox"/> Whole Grain | OATMEAL ORANGE WEDGES *MILK <input type="checkbox"/> Whole Grain | WAFFLES PEARS *MILK <input type="checkbox"/> Whole Grain | NATIONAL PANCAKE DAY MINI PANCAKES KIWI *MILK <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 <input type="checkbox"/> Whole Grain | SAVORY SALMON BROWN RICE PLUM SLICES BROCCOLI *MILK <input type="checkbox"/> Whole Grain | (HM) CHEESEY PIZZA PIZZA CRUST WATERMELON SLICES ROASTED CAULIFLOWER * MILK <input type="checkbox"/> Whole Grain | SAVORY TUNA SANDWICH FRENCH BREAD PEACHES SPINACH SALAD *MILK <input type="checkbox"/> Whole Grain |
| PM SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS | CARROT BREAD SUGAR SNAP PEAS WATER <input type="checkbox"/> Whole Grain | ROASTED BEETS SALTINE CRACKERS WATER <input type="checkbox"/> Whole Grain | OYSTER CRACKERS VEGETABLE SOUP WATER <input type="checkbox"/> Whole Grain | COLBY JACK CHEESE PAPAYA WATER <input type="checkbox"/> Whole Grain | FRUIT & NUT BUTTER PITA POCKET PEANUT/WOW/SOY/NUT BUTTER PITA POCKET APPLE OR PEAR SLICES WATER <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 <input type="checkbox"/> Whole Grain | BAKED FISH FILLET ENRICHED HAMBURGER BREAD PEACHES CABBAGE * MILK <input type="checkbox"/> Whole Grain | BEEF STICKS HAWAIIAN ROLL PINEAPPLE COLESLAW * MILK <input type="checkbox"/> Whole Grain | HOT HAM & CHEESE SANDWICH CROISSANT ORANGE SMILES (SLICES) MIXED VEGETABLES *MILK <input type="checkbox"/> Whole Grain | GROUND TURKEY BROWN RICE PEARS ZUCCHINI SQUASH * MILK <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 10/27/25 | 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 |
| LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk | 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 | 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 |
| 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 | 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 |
| | * 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. | | | | |