



				Thursday 10/1/26	Friday 10/2/26
AM SNACK					
Meat/Meat Alternate				Pumpkin Bread (Link)	Banana Parfait
Grain/Grain Alternate				Blueberries	Low Sugar Yogurt
Vegetable or Fruit					Sliced Banana
Fluid Milk				Water	Water
TWO COMPONENTS	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate				Skillet Pork Chops	Turkey Soft Taco
Grain/Grain Alternate				Brown Rice	Tortilla
Vegetable or Fruit				Sliced Apricots	Mexican Street Corn (Link)
Vegetable				Kale Salad	Black Beans
Fluid Milk				*Milk	*Milk
	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate				Ground Beef Chili	Orange Chicken
Grain/Grain Alternate				Wheat Roll	Egg Noodles
Vegetable or Fruit				Sliced Peaches	Pineapple Chunks
Vegetable				Sweet Potato Fries	Stir Fry Vegetables
Fluid Milk				*Milk	*Milk
	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
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Harvest of the month: Squash



Oct-26

	Monday 10/5/26	Tuesday 10/6/26	Wednesday 10/7/26	Thursday 10/8/26	Friday 10/9/26
AM SNACK					
Meat/Meat Alternate	Scrambled Eggs	Whole Grain Tortilla Chips	Cheese Toast	Biscuit Pizza (Link)	Wheat Crackers
Grain/Grain Alternate	Crossaint	Guacamole Dip	White Bread	Biscuit Halves	Chickpea Hummus
Vegetable or Fruit				Mozzarella Cheese	
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH		National Noodle Day			
Meat/Meat Alternate	Beef Meatballs (cut)	Homemade Mac N Cheese	Turkey & Cheese Pinwheels	Smoked BBQ Chicken	Ground Beef Meatloaf
Grain/Grain Alternate	White Rice	Macaroni Noodles	Tortilla	Cornbread	Garlic Knot
Vegetable or Fruit	Fruit Cocktail	Cantaloupe Chunks	Watermelon Chunks	Grapes (cut appropriately)	Blueberries
Vegetable	Garlic Broccoli	Sweet Peas	Baby Carrots	Baked Beans	Creamed Spinach
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					National Salmon Day
Meat/Meat Alternate	Chicken Chimichanga (Link)	Philly Cheese Steak	Honey Baked Ham	Beef Pot Roast	Baked Salmon
Grain/Grain Alternate	Tortilla	Sub Roll	Rice Pilaf	French Bread	Brown Rice
Vegetable or Fruit	Sliced Plums	Sliced Peaches	Roasted Brussels Sprouts	Tangerine	Sliced Kiwi
Vegetable	Refried Beans	Coleslaw	Black-Eyed Peas	Roasted Zucchini	Sauteed Green Beans
Fluid Milk	* Milk	* Milk	* Milk	* Milk	* Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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	Monday 10/12/26	Tuesday 10/13/26	Wednesday 10/14/26	Thursday 10/15/26	Friday 10/16/26
AM SNACK					
Meat/Meat Alternate	Cheddar Cheese Cubes	Turkey Bacon (CN/PFS)	Peanut/Wow/Soy Butter	Fruit Pizza English Muffin (Link)	Egg Salad
Grain/Grain Alternate	Ritz Crackers	French Toast Sticks	Rice Cake	Sliced Strawberries	Wheat Bread
Vegetable or Fruit				Chex Cereal	
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH	National Gumbo Day				
Meat/Meat Alternate	Shrimp	Hot Ham & Cheese Sliders	Fish Sticks	Grilled Chicken Kabobs	Homemade Xtra Cheese Pizza
Grain/Grain Alternate	White Rice	Hawaiin Roll	Wild Rice	Wheat Roll	Pizza Crust
Vegetable or Fruit	Fruit Cocktail	Blackberries	Honeydew Melon Chunks	Sliced Pears	Orange Slices
Vegetable	Peas & Carrots	Tossed Salad	Lima Beans	Bell Pepper Strips	Steamed Cauliflower
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER	National Pulled Pork Day			National Mushroom Day	
Meat/Meat Alternate	Mojo Pulled Pork (Link)	Steak Fingers	Homemade Beef Meat Sauce	Oven Roasted Turkey Breast	Tuna Salad Sandwich
Grain/Grain Alternate	Cornbread	Wheat Roll	Tortellini	Brown Rice	Crossaint
Vegetable or Fruit	Pineapple Rings	Sliced Plums	Sliced Apricots	Watermelon Chunks	Sliced Papaya
Vegetable	Baked Okra	Roasted Yellow Squash	Sauteed Zucchini	Sauteed Mushrooms	Steamed Asparagus
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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	Monday 10/19/26	Tuesday 10/20/26	Wednesday 10/21/26	Thursday 10/22/26	Friday 10/23/26
AM SNACK					
Meat/Meat Alternate	Autumn Egg & Ham Bites (Link)	Peanut/Wow/Soy Butter	Mini Muffins	Boiled Egg Halves	Low Sugar Yogurt
Grain/Grain Alternate	Fruit Cocktail	English Muffin	Watermelon Chunks	Wheat Crackers	Blueberries
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	Baked Chicken Strips	Loaded Nachos	National Apple Day	Ground Beef & Noodles	Chicken Salad
Grain/Grain Alternate	Waffle Triangles	Shredded Chicken	Turkey Club	Egg Noodles	Crossaint
Vegetable or Fruit	Blueberries	Whole Grain Tortilla Chips	Wheat Bread	Raspberries	Sliced Apricots
Vegetable	Tater Tots	Corn on the Cob	Apple Slices	Sauteed Spinach	Broccoli Salad
Fluid Milk	*Milk	Pinto Beans	Sliced Cucumber	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	Beef Meatball Sub	Great Northern Bean Soup (Link)	Steak Fajitas	Diced Chicken Burrito 	Fish Fillet Sandwich
Grain/Grain Alternate	Sub Roll	Breadstick	Tortilla	Brown Rice	Hamburger Bun
Vegetable or Fruit	Pineapple Rings	Honeydew Melon Chunks	Sliced Mango	Sliced Kiwi	Sliced Papaya
Vegetable	Green Peas	Diced Tomatoes	Sauteed Bell Pepper Strips	Pinto Beans	Orange Glazed Carrots (Link)
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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	Monday 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
AM SNACK					
Meat/Meat Alternate	Apple Cinnamon Burrito (Link)	Banana Bread	Turkey Sausage Links (CN/PFS)	Wheat Bread	Crispy Chicken F
Grain/Grain Alternate	Peanut/Wow/Soy Butter	Blueberries	Sliced Kiwi	Sliced Avocado	Buttered Biscuit
Vegetable or Fruit	Tortilla				
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					National Breadstick Day
Meat/Meat Alternate	Salisbury Steak	Teriyaki Tofu	BBQ Chicken	Grilled Xtra Cheese	Beef Lasagna
Grain/Grain Alternate	French Bread	Butter Noodles	Garlic Knot	White Bread	Breadstick
Vegetable or Fruit	Steamed Cauliflower	Sliced Strawberries	Sliced Apricots	Sliced Pears	Raspberries
Vegetable	Lima Beans	Mixed Vegetables	Roasted Brussels Sprouts	Creamy Tomato Bisque	Garlic Green Beans
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
DINNER		National Potato Day			
Meat/Meat Alternate	Chicken Nuggets	Oven Roasted Pork Loin	Beef Pot Roast	Ground Turkey Burger	Honey Garlic Shrimp
Grain/Grain Alternate	Hush Puppies	Wheat Roll	White Rice	Hamburger Bun	Fried Rice
Vegetable or Fruit	Sliced Mango	Sliced Pears	Cantaloupe Chunks	Watermelon Chunks	Steamed Zucchini
Vegetable	Collard Greens	Baked Potato	Steamed Asparagus	Baked Okra	Baked Acorn Squash (Link)
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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