



				Thursday 10/1/26	Friday 10/2/26
BREAKFAST				Kix Cereal Sliced Pears *Milk	Buttered English Muffin Baked Apples *Milk
Grain/Grain Alternate					
Vegetable or Fruit					
Fluid Milk					
☐	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
LUNCH				Skillet Pork Chops Brown Rice Sliced Apricots Kale Salad *Milk	Turkey Soft Taco Tortilla Mexican Street Corn (Link) Black Beans *Milk
Meat/Meat Alternate					
Grain/Grain Alternate					
Vegetable or Fruit					
Vegetable					
Fluid Milk					
☐	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
PM SNACK				Autumn Trail Mix Chex Cereal Pumpkin Seeds Water	Pretzels Sliced Strawberries Water
Meat/Meat Alternate					
Grain/Grain Alternate					
Vegetable or Fruit					
Fluid Milk					
☐	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
TWO COMPONENTS					
	* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1%, 2%, Whole 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. Foods will be prepared and served according to each child's age and individual eating abilities. Foods will be diced/mashed/chopped/substituted to reduce choking hazard as needed.				

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
BREAKFAST					
Grain/Grain Alternate	Mini Pancakes	Crunchy French Toast Fingers (Link)	CACFP Waffle Wednesday	Cinnamon Oatmeal	Cheerios
Vegetable or Fruit	Sliced Pears	Blackberries	Waffles	Grapefruit Wedges	Sliced Banana
Fluid Milk	*Milk	*Milk	Raspberries *Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	Beef Meatballs (cut)	National Noodle Day 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
PM SNACK					
Meat/Meat Alternate	Vegetable Soup	Mini Bagel	National Pumpkin Seed Day Pumpkin Seeds (Pepitas)	Cheese Crackers	Frosted Mini Wheats
Grain/Grain Alternate	Oyster Crackers	Sliced Kiwi	Ritz Crackers	Applesauce	100% Berry Juice
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ 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
BREAKFAST					
Grain/Grain Alternate	Grits	CACFP Taco Tuesday Scrambeled Eggs	Mini Bagels	Cream of Wheat	Cheerios
Vegetable or Fruit	Baked Peaches	Hashbrowns	Cantaloupe Chunks	Mixed Berries	Sliced Kiwi
Fluid Milk	*Milk	Tortilla *Milk	*Milk	*Milk	*Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	National Gumbo Day 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
PM SNACK					
Meat/Meat Alternate	Cheese Quesadilla	Harvest Salsa (Link)	Turkey Roll-Up	Animal Crackers	Club Crackers
Grain/Grain Alternate	Tortilla	Whole Grain Tortilla Chips	Cheese Crackers	Cinnamon Applesauce	100% Grape Juice
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ 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
BREAKFAST					CACFP Flapjack Friday
Grain/Grain Alternate	Mini Bagel	Maple French Toast Squares (Link)	Oatmeal	Waffles	Mini Pancakes
Vegetable or Fruit	Blackberries	Sliced Plums	Spiced Pears	Cinnamon Peaches	Hashbrowns
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH			National Apple Day		
Meat/Meat Alternate	Baked Chicken Strips	Loaded Nachos	Turkey Club	Ground Beef & Noodles	Chicken Salad
Grain/Grain Alternate	Waffle Triangles	Shredded Chicken	Wheat Bread	Egg Noodles	Crossaint
Vegetable or Fruit	Blueberries	Whole Grain Tortilla Chips	Apple Slices	Raspberries	Sliced Apricots
Vegetable	Tater Tots	Corn on the Cob	Sliced Cucumber	Sauteed Spinach	Broccoli Salad
Fluid Milk	*Milk	Pinto Beans	*Milk	*Milk	*Milk
☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					
Meat/Meat Alternate	Cheese Crackers	Ritz Crackers	Minestrone Soup	Tangerine "Pumpkins"	Sunchips
Grain/Grain Alternate	Cranberries	Baby Carrots	Oyster Crackers	Celery "Stalk"	Grapefruit Wedges
Vegetable or Fruit				Graham Crackers	
Fluid Milk	Water	Water	Water	Water	Water
☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
TWO COMPONENTS					
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	Monday 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
BREAKFAST	CACFP Muffin Monday			National Oatmeal Day	
Grain/Grain Alternate	Mini Muffins	Cream of Wheat	French Toast Sticks	Maple Oatmeal	Jack-O-Lantern Pancakes
Vegetable or Fruit	Pineapple Chunks	Sliced Plums	Mandarins	Sliced Mango	Blueberries
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ 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
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					
Meat/Meat Alternate	Cheerios	Crispy Roasted Chickpeas	Cheese Crackers	Pumpkin Applesauce (Link)	Graham Crackers
Grain/Grain Alternate	Sliced Grapes	Sliced Peaches	Sliced Papaya	Pretzels	Fruit Cocktail
Vegetable or Fruit					
Fluid Milk	Water	Water	Water	Water	Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
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