Georgia Nutritional Services, Inc

Harvest of the month: Squash

Oct-26

				Thursday 10/1/26	Friday 10/2/26
BREAKFAST Grain/Grain Alternate Vegetable or Fruit Fluid Milk				Kix Cereal Sliced Pears *Milk	Buttered English Muffin Baked Apples *Milk
	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
LUNCH Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				Skillet Pork Chops Brown Rice Sliced Apricots Kale Salad *Milk	Turkey Soft Taco Tortilla Mexican Street Corn (Link) Black Beans *Milk
	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
PM SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk				Autumn Trail Mix Chex Cereal Pumpkin Seeds Water	Pretzels Sliced Strawberries Water
TWO COMPONENTS	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
DINNER Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk				Ground Beef Chili Wheat Roll Sliced Peaches Sweet Potato Fries *Milk	Orange Chicken Egg Noodles Pineapple Chunks Stir Fry Vegetables *Milk
	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
EVENING SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk				Ritz Crackers Ham Roll-Ups Water	Animal Crackers Sliced Plums Water
TWO COMPONENTS	☐	☐	☐	☐ Whole Grain	☐ Whole Grain

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	Monday 10/5/26	Tuesday 10/6/26	Wednesday 10/7/26	Thursday 10/8/26	Friday 10/9/26
BREAKFAST			CACFP Waffle Wednesday		
Grain/Grain Alternate	Mini Pancakes	Crunchy French Toast Fingers (Link)	Waffles	Cinnamon Oatmeal	Cheerios
Vegetable or Fruit	Sliced Pears	Blackberries	Raspberries	Grapefruit Wedges	Sliced Banana
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **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**
PM SNACK			**National Pumpkin Seed Day**		
Meat/Meat Alternate	Vegetable Soup	Mini Bagel	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**
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**
EVENING SNACK					
Meat/Meat Alternate	Cheerios	Pita Bread Wedges	Rice Cake	Cauliflower Trees	Mini Muffins
Grain/Grain Alternate	100% Apple Juice	Apricot Fruit Dip (Link)	Peanut/Wow/Soy Butter	Yogurt Dip	Sliced Strawberries
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 Vegetable or Fruit Fluid Milk	Grits Baked Peaches *Milk	CACFP Taco Tuesday Scrambeled Eggs Hashbrowns Tortilla *Milk	Mini Bagels Cantaloupe Chunks *Milk	Cream of Wheat Mixed Berries *Milk	Cheerios Sliced Kiwi *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	National Gumbo Day Shrimp White Rice Fruit Cocktail Peas & Carrots *Milk	Hot Ham & Cheese Sliders Hawaiin Roll Blackberries Tossed Salad *Milk	Fish Sticks Wild Rice Honeydew Melon Chunks Lima Beans *Milk	Grilled Chicken Kabobs Wheat Roll Sliced Pears Bell Pepper Strips *Milk	Homemade Xtra Cheese Pizza Pizza Crust Orange Slices Steamed Cauliflower *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain
PM SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	Cheese Quesadilla Tortilla Water	Harvest Salsa (Link) Whole Grain Tortilla Chips Water	Turkey Roll-Up Cheese Crackers Water	Animal Crackers Cinnamon Applesauce Water	Club Crackers 100% Grape Juice Water
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	National Pulled Pork Day Mojo Pulled Pork (Link) Cornbread Pineapple Rings Baked Okra *Milk	Steak Fingers Wheat Roll Sliced Plums Roasted Yellow Squash *Milk	Homemade Beef Meat Sauce Tortellini Sliced Apricots Sauteed Zucchini *Milk	National Mushroom Day Oven Roasted Turkey Breast Brown Rice Watermelon Chunks Sauteed Mushrooms *Milk	Tuna Salad Sandwich Crossaint Sliced Papaya Steamed Asparagus *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	Kix Cereal Sliced Pears Water	Sunchips Raspberries Water	Broccoli Cheddar Soup Breadstick Water	Graham Crackers Prunes Water	Pasta Salad Mixed Fruit Smoothie Water
	☐ 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**
LUNCH		Loaded Nachos	**National Apple Day**		
Meat/Meat Alternate	Baked Chicken Strips	Shredded Chicken	Turkey Club	Ground Beef & Noodles	Chicken Salad
Grain/Grain Alternate	Waffle Triangles	Whole Grain Tortilla Chips	Wheat Bread	Egg Noodles	Crossaint
Vegetable or Fruit	Blueberries	Corn on the Cob	Apple Slices	Raspberries	Sliced Apricots
Vegetable	Tater Tots	Pinto Beans	Sliced Cucumber	Sauteed Spinach	Broccoli Salad
Fluid Milk	*Milk	*Milk	*Milk	*Milk	*Milk
	☐ **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
TWO COMPONENTS	☐ **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 Bowl	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**
EVENING SNACK					Caprese Skewer
Meat/Meat Alternate	Kix Cereal	String Cheese	Pita Bread	Soft Pretzel	Cherry Tomatoes
Grain/Grain Alternate	Sliced Nectarines	Raisins	Black Bean Hummus (Link)	Fruit Cocktail	Mozzarella Cheese Balls
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 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
BREAKFAST Grain/Grain Alternate Vegetable or Fruit Fluid Milk	CACFP Muffin Monday Mini Muffins Pineapple Chunks *Milk	Cream of Wheat Sliced Plums *Milk	French Toast Sticks Mandarins *Milk	National Oatmeal Day Maple Oatmeal Sliced Mango *Milk	Jack-O-Lantern Pancakes Blueberries *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	Salisbury Steak French Bread Steamed Cauliflower Lima Beans *Milk	Teriyaki Tofu Butter Noodles Sliced Strawberries Mixed Vegetables *Milk	BBQ Chicken Garlic Knot Sliced Apricots Roasted Brussels Sprouts *Milk	Grilled Xtra Cheese White Bread Sliced Pears Creamy Tomato Bisque *Milk	National Breadstick Day Beef Lasagna Breadstick Raspberries Garlic Green Beans *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk	Cheerios Sliced Grapes Water	Crispy Roasted Chickpeas Sliced Peaches Water	Cheese Crackers Sliced Papaya Water	Pumpkin Applesauce (Link) Pretzels Water	Graham Crackers Fruit Cocktail Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	Chicken Nuggets Hush Puppies Sliced Mango Collard Greens *Milk	National Potato Day Oven Roasted Pork Loin Wheat Roll Sliced Pears Baked Potato *Milk	Beef Pot Roast White Rice Cantaloupe Chunks Steamed Asparagus *Milk	Ground Turkey Burger Hamburger Bun Watermelon Chunks Baked Okra *Milk	Honey Garlic Shrimp Fried Rice Steamed Zucchini Baked Acorn Squash (Link) *Milk
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK Meat/Meat Alternate Grain/Grain Alternate Vegetable or Fruit Fluid Milk	Animal Crackers 100% Berry Juice Water	Ritz Crackers Cheese Cubes Water	Tuna Salad Hawaiin Roll Water	Mini Bagel Raisins Water	Turkey Pinwheels Tortilla Water
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain

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