



				Thursday 10/1/26	Friday 10/2/26
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					
TWO COMPONENTS	☐	☐	☐	☐ Whole Grain	☐ Whole Grain
DINNER				Ground Beef Chili Wheat Roll Sliced Peaches Sweet Potato Fries *Milk	Orange Chicken Egg Noodles Pineapple Chunks Stir Fry Vegetables *Milk
Meat/Meat Alternate					
Grain/Grain Alternate					
Vegetable or Fruit					
Vegetable					
Fluid 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
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
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	Monday 10/12/26	Tuesday 10/13/26	Wednesday 10/14/26	Thursday 10/15/26	Friday 10/16/26
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
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
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
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
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
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	Monday 10/26/26	Tuesday 10/27/26	Wednesday 10/28/26	Thursday 10/29/26	Friday 10/30/26
LUNCH					National Breadstick 
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
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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