

October 2026

EAT SMART
BE SMART

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Popcorn Chicken & Mashed Potatoes with a WG Roll Milk Carrot Coins Cinnamon Apple Sauce	2 Sal & Pat's Cheese Pizza Slice with WG Goldfish Crackers Milk Seasoned Green Beans Sliced Pears
5 WG Breaded Chicken Nuggets with a WG Biscuit Milk Steamed Broccoli Diced Peaches	6 Beef Soft Tacos on WG Tortillas with Cheddar Cheese, Lettuce & Tomato Milk Stewed Tomatoes Mixed Berry Applesauce	7 WG Breaded Chicken Patty Sandwich on a WG Bun Milk BBQ Baked Beans Diced Peaches	8 Grilled American Cheese Sandwich on WG Bread Milk Seasoned Green Beans Sliced Pears	9 Sal & Pat's Cheese Pizza Slice with WG Goldfish Crackers Milk Seasoned Green Beans Applesauce
12 Tuna Sandwich on WG Bread Milk Peas Sliced Pears ADULT PROGRAM ONLY	13 Chicken & Cheese WG Quesadilla with Mozzarella Cheese Milk Seasoned Black Beans Watermelon Applesauce	14 Mac & Cheese with WG Macaroni & American Cheese and a WG Dinner Roll Milk Steamed Broccoli Sliced Cinnamon Apples	15 Mini WG Maple Pancakes with Turkey Sausage Patties Milk Tater Triangles Sliced Pears	16 Sal & Pat's Cheese Pizza Slice with WG Goldfish Crackers Milk Seasoned Green Beans Peach Applesauce
19 Pasta Bake with Ricotta, Mozzarella & WG Pasta and WG Garlic Bread Milk Carrot Coins Sliced Pears	20 Beef Soft Tacos on WG Tortillas with Cheddar Cheese, Lettuce & Tomato Milk Seasoned Black Beans Sliced Cinnamon Apples	21 Egg, American Cheese and Bacon Sandwich on WG Pancakes Milk Potato Wedges Razzleberry Applesauce	22 Chicken Tenders with a WG Soft Pretzel Milk Buttered Spinach Diced Peaches	23 Sal & Pat's Cheese Pizza Slice with WG Goldfish Crackers Milk Seasoned Green Beans Sliced Pears
26 Chicken Tenders with Mini WG Waffles Milk Sweet Peas Strawberry Applesauce	27 Chick'n Sandwich on a WG Bun with Special Sauce Milk Carrot Coins Sliced Cinnamon Apples	28 WG Mozzarella Pizza Dippers with Marinara Sauce Milk Steamed Broccoli Diced Peaches	29 Cheeseburger with American Cheese on a WG Bun Milk BBQ Baked Beans Cinnamon Applesauce	30 Sal & Pat's Cheese Pizza Slice with WG Goldfish Crackers Milk Seasoned Green Beans Sliced Pears

Daily Alternates

Chicken Nuggets with Whole Grain (WG)
 Goldfish Crackers
 Sunbutter & Jelly Sandwich on WG Bread

All lunches include:

Hot vegetable
Canned fruit in light syrup
Milk

Milk = Choice of milk (1% white or fat-free chocolate) is offered daily in accordance with applicable NSLP and CACFP meal pattern requirements. Flavored milk served meets applicable USDA added-sugar limits.

(WG) Whole Grain (V) Vegetarian | (VG)
 Vegan (GF) Gluten-Free | (H) Halal

