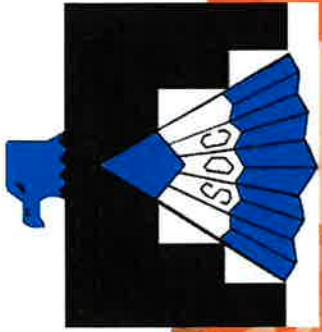




MENU

OCTOBER

BREAKFAST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05 Stuffed Bagels or bagels with cream cheese, jelly, or cereal bar /fruit	06 Yogurt and granola or cereal , and fruit	07 Cinnamon Rolls Or Cereal Bar or Oatmeal and fruit	08 Breakfast Burritos or cold cereal bar and fruit	09
12 Homemade Muffins, or cereal oatmeal and fruit	13 French Toast Sticks Cereal or, cottage cheese and Fruit	14 Yogurt and granola fruit Or cereal bar or oatmeal	15 Biscuits with Sausage, and gravy cereal bar, fruit	16
19 Pancakes on a Stick Cereal or oatmeal and fruit	20 Homemade Muffins or cereal and fruit	21 Yogurt Parfaits Fruit /granola or Cereal / Oatmeal, fruit	22 Breakfast Pizza Or Cereal Bar and Fruit	23
26 Breakfast Burritos or Breakfast Sandwiches	27 Homemade Muffins and Yogurt with fruit	28 Pancakes and Syrup or Oatmeal or Cereal Bar, Fruit	29 Biscuit or Muffins with Jelly/ Peanut Butter or Cereal and fruit	30



Fall is Here! Jacket
weather! Stay warm
and safe outside!

BREAKFAST:

- We offer Cold Cereal Bar everyday.
- OATMEAL: Monday and Wednesdays
- OR Menu Item of the Day with a Fruit

REMEMBER to choose 3 items at
Breakfast- including a fruit or juice
with your grain choice and a milk!

*This institution is an equal
opportunity employer*

KEEP IT LOCAL!

In HARVEST :
Onions, Potatoes,
Carrots, Pumpkin,
Winter Squash



MENU

LUNCH OCTOBER
2026

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
05 Chicken Tenders, fries, corn, salad bar and fruit	06 Tacos, salsa, chips, beans, salad bar and fruit	07 Loaded Potato Bar, Toppings, Salad Bar, Fruit	08 Broccoli -Cheese Soup, Wrap sandwiches Salad Bar and Fruit	09
12 Pizza Dip sticks, red sauce, roasted veggies, salad bar, fruit	13 Enchilada Casserole, Rice, corn black beans, salad bar, fruit, dessert	14 Chicken Pot Pie, peas and carrots, quinoa salad, salad bar, and fruit	15 Hot dogs /Corn dog French Fries, corn, salad bar, fruit, homemade cookie	16
19 Parmesan Chicken / green beans, salad bar and Fruit	20 Burrito Bowls, Beans and Rice, winter squash, Salad Bar and Fruit	21 Spaghetti or Penne Garlic Bread, green beans, Salad Bar &fruit	22 Hearty Vegetable Soup, Grilled Cheese sandwich, salad and fruit	23
26 BBQ Sandwich, Baked beans, slaw, salad bar & fruit	27 Quesadillas Rice, beans, salsa Salad Bar, Fruit	28 Chicken stir fry with veggies, rice, eggroll, salad bar fruit	29 Hamburgers (cheese)/ sweet potato fries, salad bar, fruit, homemade cookie	30



Fall is Here!
Stay warm and
safe outside!

REMEMBER to:
EAT THE RAINBOW
FRUITS AND VEGGIES
AT LEAST 1 CUP DAILY
Minimum
1/2c BREAKFAST AND 1/2c LUNCH!

REMEMBER to take milk with your meals !

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equal opportunity
employer*

KEEP IT LOCAL!
We are continuing
to add local food
items weekly