

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
*Subject to change based on food/product availability. *No meat Mondays *Paper plate/red sauce days *Sandwich/Wrap day	*Menu items may contain or come into contact with wheat, eggs, nuts, milk, soy, fish, shellfish, and peanuts.		B: ½ slice bagel, cream cheese & ½ c fruit cocktail S: ½ c Greek yogurt & ½ c honeydew melon L: 1 ½ oz roasted pork shoulder, 1 oz braised cabbage, 3 oz Hapa Rice, ¼ C Fresh Fruit, ¾ C Skim Milk S: 4oz yogurt pouch & ½ c trail mix Kalua Pork	B: ¾ c Honey bunches of oats cereal, ½ c berries, ¾ c skim milk S: 4 crackers, ½ c orange slices L: ½ c BBQ chicken, ½ oz lettuce, ½ oz cheese on ½ tortilla, 3 Celery and 3 carrot sticks, ¾ C Skim Milk S: Apple sauce pouch, 6 animal crackers BBQ Chicken Wrap
5	6	7	8	9
B: ½ slice English muffin w scrambled eggs, ½ c fresh fruit, ¾ c skim milk S: 8 pretzels & ½ c apple juice L: ½ slice English muffin, 2 tbsp tomato sauce, 1 oz cheese, ¼ c fruit, ¼ c carrots, ¾ c skim milk S: ½ oz cheese stick & 4 crackers Personal Pizza	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: Fruit smoothie & cheerios L: 1 ½ oz Ground Beef, ½ oz Elbow Macaroni, ¼ C Bell Pepper, ½ oz Tomato Sauce, ¼ C Fresh Fruit, ¾ C Skim Milk S: ½ c applesauce & 4 crackers Chili Mac	B: 1 Pancake, 2 T maple syrup, ½ C Fruit Salad, ¾c Skim Milk S: ½ c fruit smoothie & 1/4c goldfish L: 2 oz Chicken, 2 oz mashed potatoes, ¼ corn, 1/8c brown gravy, ¼ c Fresh Fruit, ¾ C Skim Milk S: ½ c Chex Mix, ½ c dried Bananas Popcorn Chicken Bowl	B: ½ slice bagel, cream cheese & ½ c applesauce S: ½c oranges, 4 graham crackers L: 1 ½ oz Beef Meatballs w teriyaki sauce, ½ oz hapa rice, ¼ c veggies, ¼ c Fresh Fruit, ¾ c skim milk S: ¼c Veggie straws, 1 yogurt pouch Teriyaki Meatballs	NO SCHOOL PDD
12	13	14	15	16
B: ½ slice English muffin w scrambled eggs, ½ c apple, ¾ c skim milk S: ½ c trail mix, yogurt pouch L: Grilled Cheese sandwich on ½ slice ww bread w/ 1oz cheese, ½ oz pesto, ¼ c mandarin orange, ¾ c skim milk S: Pumpkin muffin, ¾ c milk Grilled Cheese Sandwich	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: ½ cup mixed fruit smoothie, 1/4 c white cheddar puffs L: 2 oz pulled pork on 2 slider buns, ¼ c mixed vegetables, ¼ c fresh fruit, ¾ c skim milk S: ½ oz cheese stick & 4 crackers Pulled Pork Sliders	B: 1 pancake, ½ c berries, ¾ c skim milk S: ½ oz Greek yogurt, 1/4c fresh fruit L: 2 oz chicken w/ onion, mix bells and celery, ½ slice tortilla, ¼ c mandarin orange, ¾ c skim milk S: 4 Crackers & ½ c apples Chicken Fajita Wraps	B: ½ slice bagel, cream cheese & ½ c fresh fruit, ¾ c skim milk S: ½ c watermelon & 10 Cheez its L: 1 ½ oz ground beef, ½ oz pasta noodles, ¼ oz mixed veggies, ¼ oz cheese, ¼ c fresh fruit, ¾ c skim milk S: String cheese, ½ c veggie straws Taco Pasta	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: 1/8 c bean dip & 6 wheat thins L: 3 T chicken salad on ½ slice WW bread, 3 celery sticks, 3 carrot sticks, ¼c orange slices, ¾c Skim Milk S: 1 applesauce pouch, 1 fig bar Chicken Salad Sandwich
21	22	23	24	25
B: ½ slice English muffin with scrambled eggs, ½ c shredded cheese S: ½ c Celery, 1 tbsp peanut butter & 1 tbsp raisins L: Bean Burrito on a WW tortilla w/ 1oz refried beans, ¼ c cheese, 1/8 c tomato, ¼ C Fruit, ¾ c skim milk S: 4 Crackers w 1 string cheese Bean Burrito	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: ½ c fruit smoothie, 1/4c white cheddar puffs L: 1 ½ oz ground beef, w/ bell pepper, onion, and celery on a ww bun, ¼ c fresh fruit, ¾ c skim milk S: 4 Crackers & Apple sauce pouch Sloppy Joes	B: Breakfast tortilla egg wraps, ½ c mixed fruit, ¾ c skim milk S: 8 pretzel & ½ c apple juice L: Pesto 1 ½ oz chicken, ½ oz pasta, ¼ c mixed in veggies, ¼ c fresh fruit, ¾ c skim milk S: ½ c Cheerios and ¼c banana chips Pesto Chicken Pasta	B: ½ slice bagel, cream cheese & ½ c fresh fruit, ¾ c skim milk S: ½ oz cheese and 4 crackers L: 1 ½ oz meatballs (3), ½oz hapa rice, ¼ c corn, ¼ c fresh fruit, ¾ c skim milk S: Trail mix, 1 string cheese Chicken Carrot Meatballs	B: ½ c Special K cereal, ½ c bananas, ¾ c skim milk S: 1/8 c bean dip & almond flour thins L: ½ tortilla, ½ turkey slice, ½ cheese slice, 3 celery sticks, 3 carrot sticks, ¼ orange slices, ¾c Skim Milk S: ½c apples, snap pea crisps Turkey/Cheese Rollups
26	27	28	29	30
B: ½ slice toast, 1/4c egg scramble w/ cheese, ½ c oranges, ¾ c skim milk S: ¼c cheezits w/ yogurt pouch L: 2 tbsp tofu, ½ oz veggies w/ ½ oz Udon noodles, ¼ c fruit, ¾ c skim milk S: Zucchini muffin, 1 applesauce pouch Honey Garlic Tofu w/ Veggies & Noodles	B: ½ slice WW bread, ¼ C Egg, 2 T maple syrup, ½ C Fruit Salad, ¾ C Skim Milk (French Toast) S: fruit smoothie, Goldfish L: 1 ½ oz Ground Beef, 1 ½ oz whole grain pasta, ½ oz Cheese, ¼ C onions, bell peppers, ¼c fruit, ¾c Skim Milk S: 1 cheese stick and 4 crackers Spaghetti	B: 1 waffle, ½ c berries, ¾ c skim milk S: ½ c edamame, white cheddar puffs L: 1 oz Chicken, ½ WW Tortilla, cheddar/jack cheese blend, ¼ Fruit Salad, ¾ c Skim Milk S: 8 pretzels and yogurt pouch Chicken Quesadilla	B: ½ slice bagel, cream cheese & ½ c fresh fruit S: ½ c Greek yogurt & ½ c honeydew melon L: 1 ½ oz roasted pork shoulder, 1 oz braised cabbage, 3 oz Hapa Rice, ¼c Fresh Fruit, ¾c Skim Milk S: 4oz yogurt pouch & ½ c trail mix Kalua Pork	B: ½ c Special K cereal, ½ c apples, ¾ c skim milk S: 2 ½ c Celery and 1 tbsp peanut butter L: 1 oz Caesar Chicken on ½ slice tortilla, ¼ oz lettuce, ½ oz cheese stick, ¼ c carrots & cucumber, ¼ c tropical, fruit, ¾ c skim milk S: Fruit cup & 4 soda crackers Chicken Caesar Wraps