October 2026 Hot Menu

Mon	Tue	Wed	Thu	Fri
28	29	30	1	2
Herb Roasted chicken(4oz) Broccoli Cauliflower(4oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	Whole Wheat Quesadillas (4.5 oz) Pinto Beans (3oz) Southwest Corn (4oz) Pear Cup (4oz) 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4oz), Chili (3oz) Roasted Green Beans (4oz) 2xGraham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz), Seasoned Carrots (4oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	**Tue**	**Wed**	**Thu**	**Fri**
5	6	7	8	9
Salisbury Steak (3.5oz) with Mashed Potatoes (3oz), Gravy, Green Beans (4oz), 2x Graham Crackers (.5oz), Orange, 1% Low Fat Milk (0.5pt)	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Bites(4oz) & Mac(3oz), Zucchini with Cherry Tomatoes(4oz), Applesauce Cup (4.5oz),Wheat Roll (1.25oz) 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) 2X Graham Crackers (0.5oz) Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz), Seasoned Carrots (4oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	**Tue**	**Wed**	**Thu**	**Fri**
12	13	14	15	16
Sunbutter Crustless Sandwich (Grape) (2.8 oz) Mozzarella String Cheese (1 oz) Baby Carrots (2.5 oz) Applesauce Cup (4.5 oz) 1% Low Fat Milk (0.5pt))	Seasoned Turkey, Bean and Cheese Burrito (4.25 oz) Roasted Corn (4 oz) Spanish Brown Rice (3 oz) Fresh Apple 1% Low Fat Milk (0.5pt)	Cheese Ravioli (4oz) Roasted Peas and Carrots (4oz) Whole Wheat Roll (1.5oz) Applesauce Cup (4.5oz), 1% Low Fat Milk (0.5pt)	Chicken and Cheese Whole Wheat Enchilada (5oz) Spanish Brown Rice (3oz) Roasted Corn (4oz) Pear cup(4oz), 1% Low Fat Milk (0.5pt)	Lasagna with Meat Sauce(5oz) Broccoli (4oz) Cheese Sauce (1oz) Wheat Roll (1.25oz) Peach Cup (4oz) 1% Low Fat Milk (0.5pt)
Mon	**Tue**	**Wed**	**Thu**	**Fri**
19	20	21	22	23
Herb Roasted chicken(4oz) Broccoli Cauliflower(4oz) and WG Pasta with Alfredo Sauce, Orange, 1% Low Fat Milk (0.5pt)	2 Mini All Beef Hot Dogs with Buns (4oz), Chili (3oz) Roasted Green Beans (4oz) 2xGraham Crackers (0.5oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Spaghetti with Meatballs (6.5oz) Cheesy Spinach (4oz) Wheat Roll (1.25oz) Applesauce(4oz), 1% Low Fat Milk (0.5pt)	Whole Wheat Quesadillas (4.5 oz) Pinto Beans (3oz) Southwest Corn (4oz) Pear Cup (4oz) 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz), Seasoned Carrots (4oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)
Mon	**Tue**	**Wed**	**Thu**	**Fri**
26	27	28	29	30
Salisbury Steak (3.5oz) with Mashed Potatoes (3oz), Gravy, Green Beans (4oz), 2x Graham Crackers (.5oz), Orange, 1% Low Fat Milk (0.5pt)	Orange Sesame Chicken (3.5oz) Asian Brown Rice (2oz) Seasoned Broccoli (4oz) Fresh Apple, 1% Low Fat Milk (0.5pt)	Turkey Bites(4oz) & Mac(3oz), Zucchini with Cherry Tomatoes(4oz), Applesauce Cup (4.5oz),Wheat Roll (1.25oz) 1% Low Fat Milk (0.5pt)	Baked Chicken Wings (7.4oz) Cheesy Potatoes (3oz) Peas (4oz) 2X Graham Crackers (0.5oz) Pear Cup (4oz), 1% Low Fat Milk (0.5pt)	Turkey Cheese Pizza (4oz), Roasted Potato Wedges (3oz), Seasoned Carrots (4oz), Peach Cup (4oz), 1% Low Fat Milk (0.5pt)

Acronyms
WGR: Whole Grain Rich
Note: All main component food items have CN label

Identification of mixed foods
Mixed Fruit Cup: diced pears, peaches, and pineapples in fruit juice.
Mixed Vegetable Cup: carrots, sweet corn, green peas and potatoes.

Required Disclaimers
Children 24 months and older will be served 1% or fat free milk
Water is available to all participants through a water fountain
This instituion is an equal opportunity provier, employer, and lender.

Special Notes
This menu may change without notice due to supply issues
Items are delivered and served hot.