

October Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Toast, Ham, Fruit & Milk	Breakfast: Pancakes, Fruit & Milk	Breakfast: Muffins, Fruit & Milk	Breakfast: Egg Bites, Fruit & Milk	Breakfast: Cheerios, Fruit & Milk
<i>*Seasonal Vegetables and Fruits</i> <i>*Based on availability, whole grains or partial whole grains are used for pasta and other dishes.</i> <i>*Whole milk is served to children 1yr. and older and water is served with ALL snacks.</i> <i>*Lunch and snack substitutions are made for young children.</i> <i>*Menu follows USDA standards.</i> <i>*The ingredients are subject to change based on the availability.</i> <i>*Special diet fee \$25 per month or \$2.50 per day.</i> <i>*No charge for families providing appropriate healthy substitutions.</i>		<i>Morning Snack:</i> 1. Fig Bar <i>Lunch:</i> Beans w/ Franks, Roll, Corn & Banana <i>Afternoon:</i> Carrots & Cheese	<i>Morning Snack:</i> 2. Peppers & Hummus <i>Lunch:</i> Chicken w/ Rice, Oranges & Carrots/Peas <i>Afternoon:</i> Goldfish & Blueberries	<i>Morning Snack:</i> 3. Carrots, Cucumbers & Hummus <i>Lunch:</i> Tuna Fish Sandwich, Carrots & Oranges <i>Afternoon:</i> Animal Crackers & Cranberries
<i>Morning Snack:</i> 6. Bagel w/Cream Cheese <i>Lunch:</i> Tomato Beef Casserole, Corn & Pears <i>Afternoon:</i> Fig Bar	<i>Morning Snack:</i> 7. Animal Crackers & Cranberries <i>Lunch:</i> Cold Pasta Veggie Salad w/Turkey & Grapes <i>Afternoon:</i> Apples & Sun Butter	<i>Morning Snack:</i> 8. Nilla Wafers & Yogurt <i>Lunch:</i> Ham/Cheese Sliders, Pickles & Oranges <i>Afternoon:</i> Veggie Straws & Blueberries	<i>Morning Snack:</i> 9. Triscuits & String Cheese <i>Lunch:</i> Taco Salad, Oranges & Ritz <i>Afternoon:</i> Carrots, Cucumbers & Hummus	<i>Morning Snack:</i> 10. Cottage Cheese w/Tomatoes & Bacon Bits <i>Lunch:</i> Pizza Bread, Salad & Banana <i>Afternoon:</i> Melon & Wheat Thins
<i>Morning Snack:</i> 13. Nilla Wafers & Yogurt <i>Lunch:</i> Ham/Cheese Sliders, Pickles & Oranges <i>Afternoon:</i> Veggie Straws & Blueberries	<i>Morning Snack:</i> 14. Cottage Cheese & Pears <i>Lunch:</i> Tater Tot Casserole, Salad & Apples <i>Afternoon:</i> Wheat Thins & String Cheese	<i>Morning Snack:</i> 15. Pretzels & Sun Butter <i>Lunch:</i> Chicken/Cheese Quesadilla, Corn & Pineapple <i>Afternoon:</i> Bagel w/Cream Cheese	<i>Morning Snack:</i> 16. Bagel w/Cream Cheese <i>Lunch:</i> Zucchini Lasagna w/Meat Sauce, Fruit Salad <i>Afternoon:</i> Fig Bar	<i>Morning Snack:</i> 17. Grahams & Applesauce <i>Lunch:</i> Turkey/Cheese Sandwich, Pickles & Grapes <i>Afternoon:</i> Triscuits & Oranges
<i>Morning Snack:</i> 20. Carrots, Cucumbers & Hummus <i>Lunch:</i> Turkey Sandwich, Carrots & Oranges <i>Afternoon:</i> Animal Crackers & Cranberries	<i>Morning Snack:</i> 21. Triscuits & Cheese <i>Lunch:</i> Cold Pasta Veggie Salad w/Ham & Oranges <i>Afternoon:</i> Veggie Straws & Apples	<i>Morning Snack:</i> 22. Cottage Cheese w/Tomatoes & Bacon Bits <i>Lunch:</i> Pizza Bread, Salad & Banana <i>Afternoon:</i> Melon & Wheat Thins	<i>Morning Snack:</i> 23. Grahams & Applesauce <i>Lunch:</i> Beans w/ Franks, Roll, Corn & Banana <i>Afternoon:</i> Pretzels & Sun Butter	<i>Morning Snack:</i> 24. Pretzels & Sun Butter <i>Lunch:</i> Chicken/Cheese Quesadilla, Corn & Pineapple <i>Afternoon:</i> Animal Crackers & Grapes
<i>Morning Snack:</i> 27. Carrots, Cucumbers & Hummus <i>Lunch:</i> Tater Tot Casserole, Salad & Apples <i>Afternoon:</i> Cheese Crackers & Raisins	<i>Morning Snack:</i> 28. Grahams & Applesauce <i>Lunch:</i> Turkey/Cheese Sandwich, Pickles & Grapes <i>Afternoon:</i> Triscuits & Oranges	<i>Morning Snack:</i> 29. Nilla Wafers & Yogurt <i>Lunch:</i> Cold Pasta Veggie Salad w/Ham & Oranges <i>Afternoon:</i> Veggie Straws & Apples	<i>Morning Snack:</i> 30. Bagel w/Cream Cheese <i>Lunch:</i> Tomato Beef Casserole, Corn & Pears <i>Afternoon:</i> Fig Bar	<i>Morning Snack:</i> 31. Triscuits & String Cheese <i>Lunch:</i> Taco Salad, Oranges & Ritz <i>Afternoon:</i> Carrots, Cucumbers & Hummus