

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 28. Toast, apples, cheese Scrambles eggs, roasted potatoes, peas, bread, milk Trail mix, Oranges	29. Blueberry muffins, apple sauce. Meatballs, rice, peas, corn, cucumbers, milk Pears, arrowroot cookies	30.. Yogurt, fruit fiesta Mini deluxe pizza, cob salad, milk Cantaloupe, crackers, wow butter	Oct 1. Apple sauce, granola Sloppy Joes, corn, veggie slices milk Wrap, cream cheese, cucumber slices	2. Cherrios, milk, bananas Roasted Chicken, Pasta parm, peas, milk Veggies, dip, pickles, crackers
5. Melba toast, cream cheese, oranges Broccoli & Cheese Quiche, Mac & Cheese, Raw Green Beans, Milk Humus, pitas, peppers	6. Rice crispies, milk, bananas Chicken/Veggie Fajitas, Rice Pilaf, Cucumber Milk Cheese, crackers, cantaloupe	7. French Toast, berries Beef-a-Roni, Caesar salad, garlic bread, milk Watermelon, graham wafers.	8. Apple Sauce, graham wafers Turkey, Mashed potatoes, corn, peas, Stuffing buns, gravy, milk, cranberry sauce Nectarines, crackers	9. Bagels, cream cheese, plums Shephard's Pie, buns, cucumber slices, milk Frozen yogurt tubes, pretzel crackers.
12. Closed	13. Shreddies, milk, Peaches Tomato macaroni soup, grilled cheese sandwiches, cucumber slices, milk Apples, oatmeal cookies.	14. Raisin toast, pineapple Spaghetti & Meat Sauce, Garden Salad, Milk Fruit fiesta, animal crackers	15. Pancakes, berries Salmond Nuggets, mashed potatoes, Roasted carrots, milk Bananas, breadsticks, wow butter	16. Vanilla yogurt, berries Turkey stew, buns, cucumbers, milk Graham wafers apple slices
19. Rye Toast, Blueberries Chili, pepper slices, buns, milk Cheese, crackers, apples	20. Banana muffins, apple sauce Scrambled eggs, roasted potatoes, peas, bread, milk Oranges, trail mix.	21. Toast, avocado, eggs Meatloaf, mashed potatoes, cooked carrots, milk Naan bread, cream cheese, cucumbers	22. Cheerios, milk, plums Chicken/veggie soup, sub sandwiches, veggie sticks, milk Fruit yogurt, bread sticks	23. Bagels, cream cheese, pears Lasagna, salad, garlic bread, milk Cocoa Zucchini loaf, bananas