

FEEDING THEIR FUTURE - OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	This institution is an equal opportunity provider. * Menu Subject to Change All Meals Provided by Feeding Their Future		1	2
			Breakfast: Pancakes, Fruit, Milk Lunch: Meatball Sub Meatballs, WG Bun, Tater Tots, Cole Slaw, Milk Snack: Chex Mix, 100% Fruit Juice	Breakfast: Bagels, Fruit, Milk Lunch: Chicken Salad Chicken, Carrot Sticks, WG Pita Bread, Fruit, Milk Snack: Ritz Crackers, Cheese
	5	6	7	8
	Breakfast: WG Cheerios, Fruit, Milk Lunch: Taco Bowl Ground Beef, Pinto Beans, Corn, WG Brown Rice, Milk Snack: WG Graham Crackers, 1% Milk	Breakfast: Biscuits, Fruit, Milk Lunch: Penne Pasta Ground Beef, WG Penne Pasta, Peas, Fruit, Milk Snack: Cheez Its, 100% Fruit Juice	Breakfast: WG Life, Fruit, Milk Lunch: Hawaiian Chicken Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Yogurt, Granola	Breakfast: Pancakes, Fruit, Milk Lunch: Sloppy Joes Ground Beef, WG Bun, Tater Tots, Fruit, Milk Snack: Pretzels, Cheese
	9			
				Breakfast: French Toast, Fruit, Milk Lunch: Chicken Caesar Salad Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk Snack: Wheat Thins, 100% Fruit Juice
12	13	14	15	16
Breakfast: Kix, Fruit, Milk Lunch: Burger Slider, WG Bun, Fruit, Tater Tots, Milk Snack: Yogurt, Granola	Breakfast: Rice Krispies, Fruit, Milk Lunch: Teriyaki Chicken Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk Snack: Goldfish, 100% Fruit Juice	Breakfast: Yogurt, Fruit, Milk Lunch: M.Y.O. Bean & Cheese Burrito Refried Beans, Tortilla, Cucumber, Fruit, Milk Snack: Animal Crackers, Milk	Breakfast: Waffles, Fruit, Milk Lunch: Chicken Alfredo Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: Club Crackers, Cheese	Breakfast: Bagel, Fruit, Milk Lunch: Asian Chicken Salad Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Pretzels, 100% Fruit Juice
19	20	21	22	23
Breakfast: WG Cheerios, Fruit, Milk Lunch: Spaghetti & Meatballs Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk Snack: WG Graham Crackers, 1% Milk	Breakfast: Yogurt, Fruit, Milk Lunch: Chicken Taco Bowl Chicken, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Goldfish, 100% Fruit Juice	Breakfast: Biscuits, Fruit, Milk Lunch: Baked Chicken Chicken, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Ritz Crackers, Cheese	Breakfast: Bagels, Fruit, Milk Lunch: Chili Ground Beef, Kidney Beans, WG Brown Rice, Fruit, Milk Snack: Yogurt, Granola	Breakfast: Pancakes, Fruit, Milk Lunch: Southwest Chicken Salad Chicken, Corn, Salad, WG Pita Bread, Milk Snack: Wheat Thins, Cheese
26	27	28	29	30
Breakfast: WG Life, Fruit, Milk Lunch: BBQ Chicken Chicken, WG Roll, Mashed Potatoes, Corn, Milk Snack: Goldfish, 100% Fruit Juice	Breakfast: Waffles, Fruit, Milk Lunch: Taco Ground Beef, Refried Beans, WG Corn Tortilla, Fruit, Milk Snack: Club Crackers, Cheese	Breakfast: WG English Muffin, Fruit, Milk Lunch: Spaghetti Ground Beef, WG Spaghetti, Green Beans, Fruit, Milk Snack: WG Animal Crackers, Milk	Breakfast: Rice Krispies, Fruit, Milk Lunch: BBQ Meatballs Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: Wheat Thins, 100% Fruit Juice	Breakfast: Pancakes, Fruit, Milk Lunch: Turkey Sandwich Sliced Turkey, Carrot Sticks, WG Sliced Bread, Fruit, Milk Snack: Chex Mix, String Cheese

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast (Ages 1-2): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk - ½ cup
1% plain milk (whole milk for children age 1)

(Ages 3-5): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼cup hot cereal; fruit or vegetable- ½ cup; milk - ¾ cup 1% plain milk

Lunch: (Ages 1-2) meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup
1% plain milk (whole milk for children age 1)

(Ages 3-5) meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup 1% plain milk

Snack (two of the following): (Ages 1-2 and 3-5) meat/meat alternate - ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup
1% plain milk (whole milk for children age 1)

*(WG) = Whole Grain