



BREAKFAST MENU

OCTOBER 2026

MTUESD

Start your day the healthy way!

A nutritious breakfast helps you learn, grow and shine!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1



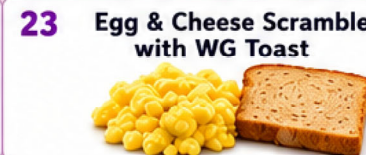
WEEK 2



WEEK 3



WEEK 4



WEEK 5



A COMPLETE BREAKFAST INCLUDES:



Whole Grain-Rich Entrée



1 Cup Fruit
(Choice of at least 1)



1 Cup Milk
(Choice of at least 1)

FRUIT CHOICES MAY INCLUDE:



Apple Slices



Banana



Orange Wedges



Grapes



Berries



Peaches



Pears



Applesauce



Pineapple Tidbits



Mixed Fruit



100% Juice (as offered)

MILK CHOICES:



1% Low-Fat White Milk

OR



Fat-Free Chocolate Milk



Start your day the healthy way!

Menu is subject to change due to product availability.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Planned for the USDA School Breakfast Program meal pattern.

OCTOBER LUNCH MENU

MTUESD

OFFER VS SERVE
CHOOSE AT LEAST 3 ITEMS
ONE MUST BE A FRUIT OR VEGETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Orange Chicken or Chicken Strips with Roll 	2 Cheese or Pepperoni Pizza 
5 Meatball Sub or Mozzarella Sticks 	6 Chicken Quesadilla or Bean & Cheese Burrito 	7 Spaghetti with a Roll or Corn Dog 	8 Orange Chicken or Chicken Strips with Roll 	9 Cheese or Pepperoni Pizza 
12 Cheeseburger or Hotdog 	13 Crisпитos or Walking Taco's 	14 Mac and Cheese or Pizza Sticks 	15 Orange Chicken or Chicken Strips with Roll 	16 Cheese or Pepperoni Pizza 
19 Chicken Sandwich or Popcorn Chicken with Roll 	20 Chicken Quesadilla or Bean and Cheese Burrito 	21 Chicken Alfredo or Corn Dog 	22 Orange Chicken or Chicken Strips with Roll 	23 Cheese or Pepperoni Pizza 
26 Meatball Sub or Mozzarella Sticks 	27 Crispito or Walking Taco 	28 Mac and Cheese or Pizza Sticks 	29 Orange Chicken or Chicken Strips with Roll 	30 Cheese or Pepperoni Pizza 