

Child & Family Centers of Excellence - National Centers for Learning Excellence

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

28 Meatballs /meatloaf in gravy Rivera vegetables Enriched brown chicken flavored rice Fruit & 1% Milk	29 Chicken parmesan WG pasta in marinara sauce Parmesan cheese Romaine salad/dressings Fruit & 1% Milk	30 Roast beef in gravy WG dinner roll Steamed carrots Fruit & 1% Milk	1 Baked pork loin in gravy Baked fresh sweet potatoes Enriched rye bread Fruit & 1% Milk	2 Chicken and cheese quesadilla HM Chicken and cheese empanadas Salsa Corn on cob Fruit & 1% Milk
5 Fish bite taco, shredded cheese Healthy slaw mix w/dressing Multigrain tortilla shell Fruit & 1% Milk	6 Tempura or boneless wings chicken Au gratin potatoes Pickle spears WG bread stick Fruit & 1% Milk	7 Sloppy joes WG sliced slammer bun Green beans Fruit & 1% Milk	8 Chicken thigh in gravy Enriched long grain and wild rice Spring salad w/ dressings Fruit & 1% Milk	9 Hot /cold ham and sliced cheese WW roll/ croissant Pickles, mayo, mustard cauliflower w/cheese Assorted fruit & 1% Milk
12 Italian chicken breast WW bread stick Peas and carrots Fruit & 1% Milk	13 WG lasagna roll up in marinara Garden salad w/ dressing Fruit & 1% Milk	14 BBQ shredded pork WG sliced bun Corn Fruit & 1% Milk	15 Roast beef in gravy Long grain and wild garden rice Beets Fruit & 1% Milk	16 Special Menu Day Vegetable Fruit & 1% Milk
19 WG Boneless wing or popcorn chicken HM Hearty soup with vegetable, pasta –rice barley WG bread stick /oyster crackers Fruit & 1% Milk	20 White meat turkey in gravy Mashed potatoes Corn and WG dinner roll Fruit & 1% Milk	21 Chicken and enriched long grain and wild rice casserole peas on side Fruit & 1% Milk	22 Warm ham slices Sweet potato pieces w/ketchup Enriched rye bread Fruit & 1% Milk	23 WG flat bread / focaccia Turkey pepperoni cheese /or BBQ chicken pizza Raw vegetables w/ranch Assorted fruit & 1% Milk
26 WG enriched buns Cheeseburger w/ketchup pickle slices Sweet potato fries /tots/waffle Fruit & 1% Milk	27 Multi grain tortilla w/ plain chicken strip unbreaded, cheese slices, cucumber, tomato slices and mayo Fruit & 1% Milk	28 WG spaghetti w/meatballs Garden salad w/dressing Parmesan cheese Fruit & 1% Milk	29 Chicken breast grilled seasoned Corn and lima beans Enriched rice pilaf or fried rice Fruit & 1% Milk	30 Fish wedge/fillet tartar HM soup cream style vegetable (tomato, broccoli-potato corn) WG cheese bread stick Fresh cut fruit salad 1% Milk

October Menu

Child & Family Centers of Excellence - National Centers for Learning Excellence

Breakfast Menu

2026-2027

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

Snack
Time

FRIDAY

28 WG Waffles w/ syrup Fruit & 1% Milk WG mini bagels w/cream cheese Fruit & Water	29 WG bun Chicken sausage link Fruit & 1% Milk WG banana-zucchini bread Fruit & 1% Milk	30 WG raisin bread toast w/ spread Yogurt Fruit & 1% Milk WG crackers Raw vegetable w/ dip 1% Milk	1 Scrambled eggs w/salsa Multigrain tortilla Shredded cheese Fruit & 1% Milk Soy butter Pretzels Fruit & 1% Milk	2 WG cereal Fruit & 1% Milk WG sun chips Fruit & wateryes
5 WG french toast w/jelly jam Fruit & 1% Milk Cottage cheese WG snack cracker Fruit & Water	6 WG enriched toast Spread Egg patty Fruit & 1% Milk Apple pineapple raisin salad WG crackers 1% Milk 1%	7 WG cereal Fruit & 1% Milk WG crackers Raw vegetable w/ dip 1% Milk	8 WG baking powder biscuit /spread Warm Canadian bacon Fruit & 1% Milk WG muffins Fruit & 1% Milk	9 WG breakfast bread Yogurt Fruit & 1% Milk WG Rice cakes B-T-2s graham Fruit & Water
12 WG pancakes w/spread cinnamon sugar Fruit & 1% Milk WG crackers Soy butter Fruit & 1% Milk	13 WG cereal Fruit & 1% Milk WG crackers Cheese spread Fruit & 1% Milk	14 Omelet WW toast w/spread Fruit & 1% Milk WG crackers Raw vegetables w/dip-ranch 1% Milk	15 WG English muffin/spread Warm sliced/shaved ham Fruit & 1% Milk WG assorted muffin Fruit & 1% Milk	16 WG waffles w/syrup Fruit & 1% Milk WG graham crackers Fruit & Water
19 WG French toast w/syrup Fruit & 1% Milk WW English muffin Soy butter or jelly Raisins B-t-2's applesauce 1% Milk	20 WG cereal Fruit & 1% Milk WG Muffin Fruit & 1% Milk	21 WG cinnamon swirl toast w/ spread Chicken patty Fruit & 1% Milk Yogurt WG crackers /cereal as topping Fruit & Water	22 WG mini bun Egg patty Fruit & 1% Milk Cheese spread WG crackers Fruit & 1% Milk	23 WW raisin bread w/spread Hard boiled eggs Fruit & 1% Milk WG graham style crackers Fruit & 1% Milk
26 WG pancakes w/syrup Fruit & 1% Milk WG crackers Cheese spread Fruit & 1% Milk	27 WG cereal Fruit & 1% Milk WG graham crumbs Cereal as topping Yogurt Fruit & 1% Milk	28 WG toast Egg patty, spread Oranges – 1% Milk WG cereal mix cheerios-crispix-chex-kix Fruit & 1% Milk	29 Warm WG baking powder biscuit Chicken saus patty Fruit & 1% Milk WG crackers Raw vegetables w/ranch 1% Milk	30 WG breakfast bread Cottage cheese Fruit & 1% Milk WG crackers Fruit & Water