

October 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Teriyaki Chicken V: Teriyaki Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	2 Fettuccini Alfredo V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*
5 Lemon Herb Linguine V: Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	6 Cheese Quesadilla V: Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	7 Baked Pasta V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	8 BBQ Chicken V: BBQ Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	9 CFS CLOSED TEACHER-IN-SERVICE
12 Creamy Tomato Penne V: Dinner Rolls Fresh Vegetables Fresh Fruit 1% /Whole Milk*	13 Mac and Cheese V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	14 Baked Chicken Burger V: Veggie Burger String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	15 Spaghetti w/ Meat Sauce V: Spaghetti Marinara Garlic Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	16 Parmesan Chicken V: Parmesan Veggies Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*
19 Parmesan Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	20 Sunbutter and Jelly Sandwich V: String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	21 Orange Chicken V: Orange Tofu Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	22 Butter Herb Pasta V: French Bread Fresh Vegetables Fresh Fruit 1% /Whole Milk*	23 Cheese Pizza V: Cream of Broccoli Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*
26 Grilled Cheese V: Creamy Tomato Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*	27 Baked Chicken V: Mozzarella Cheese Stick Steamed Rice Fresh Vegetables Fresh Fruit 1% /Whole Milk*	28 Turkey Hotdog V: Veggie Hotdog String Cheese Fresh Vegetables Fresh Fruit 1% /Whole Milk*	29 Turkey Lasagna V: Cheese Lasagna Garlic Toast Fresh Vegetables Fresh Fruit 1% /Whole Milk*	30 Veggies Stir Fried Udon V: Spinach Soup Fresh Vegetables Fresh Fruit 1% /Whole Milk*

Lunch Served: 11:30-12:00pm for Infant and Waddler Classrooms; and 12:00-12:30pm for Preschool and School Age Classrooms.

Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Meat or Meat Alternative 1.0 oz., Fruit and Vegetables 1/4 cup, Cheese 1oz., Pasta and Grain 1/4 cup, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 2tbsp; **Age 3-5:** Milk 3/4cup, Meat or Meat Alternative 1.5 oz., Cheese 1.5oz Fruit and Vegetables 1/2 cup, Pasta and Grain 1/4 cup, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 3tbsp; **Age 6-12:** Milk 1cup, Meat or Meat Alternative 2.05 oz., Cheese 2oz, Fruit and Vegetables 3/4 cup, Pasta and Grain 1/2 cup, Roll 1/2 serving, Bread 1slice, Seed Butter 4tbsp. Vegetarian option available at all meals. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits.

* We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.

October 2026 AM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheez-It Crackers Pears 1% /Whole Milk*	2 Life Cereals Pineapple 1% /Whole Milk*
5 Ritz Crackers Applesauce 1% /Whole Milk*	6 Animal Crackers Apples 1% /Whole Milk*	7 Friendship Cereals Oranges 1% /Whole Milk*	8 Snap Peas Pears 1% /Whole Milk*	9 CFS CLOSED TEACHER-IN-SERVICE
12 Yogurt Granola 1% /Whole Milk*	13 Wheat Thin Pineapple 1% /Whole Milk*	14 Dot Pretzel Oranges 1% /Whole Milk*	15 English Muffin Cream Cheese 1% /Whole Milk*	16 Club Crackers Melon 1% /Whole Milk*
19 Cheerios Pineapple 1% /Whole Milk*	20 Pretzel Pears 1% /Whole Milk*	21 Friendship Crackers Apple 1% /Whole Milk*	22 Multigrain Cheerios Banana 1% /Whole Milk*	23 Chex Mix Oranges 1% /Whole Milk*
26 Veggies Straws Melon 1% /Whole Milk*	27 Strawberry Cheerios Apples 1% /Whole Milk*	28 Goldfish Oranges 1% /Whole Milk*	29 Graham Crackers Pineapple 1% /Whole Milk*	30 Pretzel Crisps Banana 1% /Whole Milk*

AM Snack Served 8:30-9:00am for Infant and Waddler Classrooms; and 9:00-9:30am for Preschool and School Age Classrooms.

Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Fruit and Vegetables 1/4 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz. ; **Age 3-5:** Milk 3/4cup, Fruit and Vegetables 1/2 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz.; **Age 6-12:** Milk 1cup, Fruit and Vegetables 3/4 cup, Cheese 1oz., Cracker 2.0 oz., Muffin or Biscuit 1 serving, Roll 1serving, Bread 1slice, Seed Butter 2tbsp, Yogurt 4oz. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits. ***We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.**

October 2026 PM Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chex Mix Melon 1% /Whole Milk*	2 Pretzel Sticks Pears 1% /Whole Milk*
5 Dot Pretzel Oranges 1% Whole Milk*	6 Strawberry Cheerios Pineapples 1% /Whole Milk*	7 Pretzel Crisp Pears 1% /Whole Milk*	8 Club Crackers Banana 1% /Whole Milk*	9 CFS CLOSED TEACHER-IN-SERVICE
12 Cheerios Apples 1% /Whole Milk*	13 Cheez Its Pears 1% /Whole Milk*	14 Goldfish Melon 1% /Whole Milk*	15 Multigrain Cheerios Oranges 1% /Whole Milk*	16 Snap Peas Pineapples 1% /Whole Milk*
19 Veggies Straws Apples 1% /Whole Milk*	20 Ritz Crackers Oranges 1% /Whole Milk*	21 Saltine Crackers Pineapple 1% /Whole Milk*	22 Goldfish Melon 1% /Whole Milk*	23 Pop Cereal Pears 1% /Whole Milk*
26 Cheddar Biscuit Banana 1% /Whole Milk*	27 Life Cereals Oranges 1% /Whole Milk*	28 Wheat Thin Apples 1% /Whole Milk*	29 Animal Crackers Pears 1% Whole Milk*	30 Friendship Crackers Melon 1% Whole Milk*

PM Snack Served: 2:30-3:00pm for Infant and Waddler Classrooms; and 3:00-3:30pm for Preschool and School Age Classrooms.

Minimum Requirement: **Age 1 & 2:** Milk 1/2cup, Fruit and Vegetables 1/4 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz.; **Age 3-5:** Milk 3/4cup, Fruit and Vegetables 1/2 cup, Cheese 0.5oz., Cracker 2.0 oz., Muffin or Biscuit 1/2 serving, Roll 1/2 serving, Bread 1/2 slice, Seed Butter 1tbsp, Yogurt 2oz.; **Age 6-12:** Milk 1cup, Fruit and Vegetables 3/4 cup, Cheese 1oz., Cracker 2.0 oz., Muffin or Biscuit 1 serving, Roll 1serving, Bread 1slice, Seed Butter 2tbsp, Yogurt 4oz. Fresh Fruit Includes: Apples, Bananas, Pears, Oranges, Pineapple, Cantaloupe, Honeydew, Tangerines, Watermelon, Strawberries and Seasonal Fruits. ***We serve Whole Milk for Infant and Waddler Classrooms; and 1% Milk for Preschool and School Age Classrooms.**