October 19th – October 23rd

WEEK 3

2026

Unflavored Whole Milk for Ages Up To 1 Year Old, And Unflavored 1% or Fat-Free Milk for Ages 2-5 Will Be Served During Meals

MEAL:	MON	TUES	WED	THUR	FRI	
BREAKFAST:	Whole Grain Cheerios Yogurt Peaches	Whole Grain French Toast Sticks Syrup Pears	Whole Grain English Muffin Strawberry Jam Diced Honeydew	Mini Bagel Cream Cheese Applesauce	Whole Grain Waffle Syrup Blueberries	
BREAKFAST ALTERNATIVE:	Whole Grain Cheerios Vegan Yogurt Diced Peaches	Whole Grain French Toast Sticks Syrup Pears	Whole Grain English Muffin Strawberry Jam Diced Honeydew	Mini Bagel Strawberry Jam Applesauce	Cinnamon Raisin Toast Syrup Blueberries	
LUNCH:	Shredded BBQ Chicken WG Hamburger Bun Peas Diced Cantaloupe	Beef Meatballs Whole Grain Penne w/Marinara Carrots Banana	Turkey Taco Meat w/ Cheese 6" Flour Tortilla Refried Beans Apple Slices	Grilled Chicken Cutlet Whole Grain Bun Baked Tater Tots Pineapple	Roast Turkey Breast Vegan Chicken Cutlet Roasted Corn Banana	
LUNCH ALTERNATIVE:	Sliced BBQ Tofu WG Hamburger Bun Peas Diced Cantaloupe	Beyond Meatballs Whole Grain Penne w/Marinara Carrots Banana	Taco Seasoned Tofu 6" Corn Tortilla Refried Beans Apple Slices	Grilled Tofu Slices Whole Grain Bun Baked Tater Tots Pineapple	Roasted Tofu Cubes Mashed Potato Roasted Corn Banana	
SNACK: SNACK ALTERNATIVE:	Soft Pretzel Bites Apples	Graham Crackers Cucumber	Animal Crackers Orange Cuties	Goldfish Crackers Strawberry Danimal Yogurt	Club Crackers Cheddar Cheese Slice	