

**Oct 2026 Center**

| <b>Monday</b>                                                                                                                                                                           | <b>Tuesday</b>                                                                                                                                                                                             | <b>Wednesday</b>                                                                                                                                                                                                                                          | <b>Thursday</b>                                                                                                                                                                                                           | <b>Friday</b>                                                                                                                                                                                                                   |
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|                                                                                                                                                                                         |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                           | <b>1</b>                                                                                                                                                                                                                  | <b>2</b>                                                                                                                                                                                                                        |
|                                                                                                                                                                                         |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                           | <b>Breakfast</b><br>-Yogurt<br>-Blueberries<br>-Milk<br><br><b>Lunch</b><br>-Chickpea Curry Soup<br>-Chicken<br>-Green Beans<br>-Mango<br>-Naan<br>-Milk<br><b>PM Snack</b><br>-WG Grahams<br>-Cut Grapes                 | <b>Breakfast</b><br>-WG Life Cereal<br>-Bananas<br>-Milk<br><br><b>Lunch</b><br>-Tomato Soup<br>-Grilled cheese<br>-Carrots<br>-Apples<br>-Milk<br><br><b>PM Snack</b><br>-Rainbow Peppers<br>-Hummus                           |
| <b>5</b>                                                                                                                                                                                | <b>6</b>                                                                                                                                                                                                   | <b>7</b>                                                                                                                                                                                                                                                  | <b>8</b>                                                                                                                                                                                                                  | <b>9</b>                                                                                                                                                                                                                        |
| <b>Breakfast</b><br>-WG Cheerios<br>-Oranges<br>-Milk<br><br><b>Lunch</b><br>-Pesto Pasta<br>-Cottage Cheese<br>-Peas<br>-Peaches<br>-Milk<br><b>PM Snack</b><br>-Apples<br>-WG Cracker | <b>Breakfast</b><br>-WG Rice Cake<br>-Sun butter<br>-Bananas<br>-Milk<br><br><b>Lunch</b><br>-WG Sun butter &<br>-Apple wraps<br>-Carrots<br>-Raisins<br>-Milk<br><br><b>PM Snack</b><br>-Cukes<br>-Hummus | <b>Breakfast</b><br>-WG French Toast Stix<br>-Strawberries<br>-Milk<br><br><b>Lunch</b><br>-Potato, Cheese & Turkey<br>-Sausage Cassarole<br>-Roasted Veggies<br>-Raisin Bread<br>-M Oranges<br>-Milk<br><b>PM Snack</b><br>-Mystery Mix # 2<br>-Craisins | <b>Breakfast</b><br>-Yogurt<br>-Berries<br>-Milk<br><br><b>Lunch</b><br>-Beef or Bean Tacos<br>-WG Corn Taco Shell<br>-Lettuce & Salsa<br>-Corn Salad<br>-Mango<br>-Milk<br><b>PM Snack</b><br>-WG Grahams<br>-Cut Grapes | <b>Breakfast</b><br>-WG Honey Oat Cereal<br>-Bananas<br>-Milk<br><br><b>Lunch</b><br>-Tomato Mac Soup<br>-Cheese Quesadilla<br>-Carrots<br>-Apples<br>-Milk<br><br><b>PM Snack</b><br>-Rainbow Peppers<br>-Salsa dip & Crackers |

Oct 2026 Center

| Monday<br>12                                                                                                                                                                                    | Tuesday<br>13                                                                                                                                                                                                | Wednesday<br>14                                                                                                                                                                                             | Thursday<br>15                                                                                                                                                                                                                    | Friday<br>16                                                                                                                                                                                                                 |
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| <b>Breakfast</b><br>-WG Chex Cereal<br>-Oranges<br>-Milk<br><b>Lunch</b><br>-Cheesy Rice<br>-Peas<br>-Peaches<br>-Milk<br><br><b>PM Snack</b><br>-Apples<br>-Sun butter                         | <b>Breakfast</b><br>-WG Bagel<br>-Bananas<br>-Milk<br><b>Lunch</b><br>-Turkey & Cheese Or<br>-SB & J<br>-Carrots<br>-Apple Salad<br>-Milk<br><br><b>PM Snack</b><br>-Cukes<br>-Naan<br>-Tzatziki             | <b>Breakfast</b><br>-WG Bread<br>-Strawberries<br>-Milk<br><b>Lunch</b><br>-Falafel Nuggets<br>-Pita Bread<br>-Tzatziki & Cucumbers<br>-Mango<br>-Milk<br><br><b>PM Snack</b><br>-WG Gold Fish<br>-Craisins | <b>Breakfast</b><br>-Yogurt<br>-Berries<br>-Milk<br><b>Lunch</b><br>-Breakfast Cassarole<br>-Egg, Cheese, Stuffing<br>-Broccoli<br>-M. Oranges<br>-Raisin Bread<br>-Milk<br><b>PM Snack</b><br>-WG Popcorn or Crackers<br>-Cheese | <b>Breakfast</b><br>-WG Life Cereal<br>-Bananas<br>-Milk<br><b>Lunch</b><br>-Cheeseburger Sliders<br>-Roll<br>-Sweet Potatoes<br>-Fruit Salad<br>-Milk<br><br><b>PM Snack</b><br>-Peppers<br>-Salsa Dip &<br>-WG Wheat Thins |
| 19                                                                                                                                                                                              | 20                                                                                                                                                                                                           | 21                                                                                                                                                                                                          | 22                                                                                                                                                                                                                                | 23                                                                                                                                                                                                                           |
| <b>Breakfast</b><br>-WG Cheerios<br>-Oranges<br>-Milk<br><b>Lunch</b><br>-Chickpeas & pasta<br>-Cottage Cheese<br>-Peas<br>-Peaches<br>-Milk<br><br><b>PM Snack</b><br>Apples<br>WG Wheat Thins | <b>Breakfast</b><br>-WG Rice Cake<br>-Sun butter<br>-Bananas<br>-Milk<br><b>Lunch</b><br>-Chicken Noodle Soup<br>-Crispy Tofu<br>-Green Beans<br>-Mango<br>-Milk<br><br><b>PM Snack</b><br>-Cukes<br>-Hummus | <b>Breakfast</b><br>-WG Bread<br>-Kiwi<br>-Milk<br><b>Lunch</b><br>-Pizza<br>-Caesar's Salad<br>-Pineapple<br>-Milk<br><br><b>PM Snack</b><br>-WG Gold Fish<br>-Craisins                                    | <b>Breakfast</b><br>-Yogurt<br>-Berries<br>-Milk<br><b>Lunch</b><br>-SB & J On WG Bread<br>-Carrots<br>-Apples<br>-Milk<br><br><b>PM Snack</b><br>-WG Grahams<br>-Cut Grapes                                                      | <b>Closed for Inservice</b>                                                                                                                                                                                                  |

### Oct 2026 Center

| 26                                                                                                                                                                                                                                                       | 27                                                                                                                                                                                                     | 28                                                                                                                                                                                                                             | 29                                                                                                                                                                                                    | 30                                                                                                                                                                                                        |
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| <b>Breakfast</b><br>-WG Chex Cereal<br>-Oranges<br>-Milk<br><br><b>Lunch</b><br>-Farfalle Pasta<br>-Garlic Sauce<br>-Turkey Sausage<br>-Peas<br>-Peaches<br>-Milk<br><br><b>PM Snack</b><br>-Apples<br>-Cheese                                           | <b>Breakfast</b><br>-WG Bagel<br>-Bananas<br>-Milk<br><br><b>Lunch</b><br>-WG Corn Bread<br>-Maple baked Beans<br>-Carrot Souffle<br>-Apple Sauce<br>-Milk<br><br><b>PM Snack</b><br>-Cukes<br>-Hummus | <b>Breakfast</b><br>-WG Mini Pumpkin Donuts<br>-Strawberries<br>-Milk<br><br><b>Lunch</b><br>-Vt. Maple Apple French Toast<br>-Sweet Potatoes<br>-Blueberries<br>-Milk<br><br><b>PM Snack</b><br>-Mystery Mix # 1<br>-Craisins | <b>Breakfast</b><br>-Yogurt<br>-Berries<br>-Milk<br><br><b>Lunch</b><br>-Chicken Tacos<br>-Lettuce & Salsa<br>-WG Corn Shell<br>-Mango<br>-Milk<br><br><b>PM Snack</b><br>- Cut Grapes<br>-WG Popcorn | <b>Breakfast</b><br>-WG Life Cereal<br>-Bananas<br>-Milk<br><br><b>Lunch</b><br>-BBQ Chicken Sliders on a<br>-Roll<br>-Peas<br>-Apples<br>-Milk<br><br><b>PM Snack</b><br>-Veggie stix<br>-WG Wheat thins |
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| <p style="text-align: center;"><b>This institution is an equal opportunity provider</b></p> <p style="text-align: center;"><b>We strive to stay as close as possible, but on occasion, we make substitutions based on availability and freshness</b></p> |                                                                                                                                                                                                        |                                                                                                                                                                                                                                |                                                                                                                                                                                                       |                                                                                                                                                                                                           |