

October 2026 - Breakfast

Meal pattern for breakfast includes fruits (or vegetables), whole grain-rich foods and/or meats/meat alternatives and milk.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Yogurt, muffin, cereal, fruit and milk	2 Egg sand, cereal, fruit and milk	3 Yogurt, cereal Fruit and milk
4 Bagel WG, waffle, fruit and milk	5 Pancake stick, muffin, fruit, juice and milk	6 Breakfast egg and cheese sand, fruit and milk	7 Yogurt, muffin, cereal, fruit and milk	8 Cereal, cheese stick, french toast, fruit and milk	9 Scrambled egg wrap, muffin, fruit, juice and milk	10 Donut ring, fruit and milk
11 Cereal bar, oatmeal, toast, fruit and milk	12 Biscuit and sausage, cereal, fruit and milk	13 Scrambled eggs, uncrustable, fruit and milk	14 Turkey bacon, cinn roll, fruit and milk	15 Cereal, cheese stick, french toast, fruit and milk	16 Cereal, fruit and milk	17 Yogurt, bagel, muffin, fruit and milk
18 Bagel, mini waffle bites, fruit and milk	19 Pancake stick, muffin, fruit, juice and milk	20 Egg sand, cereal, fruit and milk	21 Breakfast stick, muffin, juice and milk	22 Egg wrap, cereal, fruit and milk	23 Yogurt, muffin,cereal, fruit and milk	24 Yogurt, bagel, fruit and milk
25 Bagel, whole wheat, fruit and milk	26 Breakfast pizza, apple frudel, fruit and milk	27 Breafast stick, fruit, juice and milk	28 Scrambled egg wrap, muffin, fruit, juice and milk	29 Biscuit and sausage, cereal, fruit and milk	30 Cereal bar, oatmeal, toast, fruit and milk	31 Scrambled eggs, uncrustable, fruit and milk

October 2026 - Lunch

Offer vs serve. Must choose 3 out of 5 including a fruit and vegetable.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Porcupine slider, vegetable, fruit and milk	2 Turkey dog, vegetables, fruit and milk	3 Salisbury steak, vegetable, roll, fruit and milk
4 Beef chili w/ beans, roll, vegetables, fruit and milk	5 Porcupine slider, vegetable, fruit and milk	6 Pizza, chicken, brownies, vegetables, fruit and milk	7 Baked pollock sticks, wheat bun, vegetables, fruit and milk	8 Chicken strips, brown rice, vegetables, fruit and milk	9 Fish sandwich, side salad, vegetables, fruit and milk	10 Turkey dog, vegetables, fruit and milk
11 Chicken tenders, roll, vegetable, fruit and milk	12 Porcupine slider, vegetables, fruit and milk	13 Salisbury steak, vegetables, fruit and milk	14 Pizza WG, vegetables, brownies, fruit and milk	15 Spiral pasta w/ meat sauce, vegetable, fruit and milk	16 Chicken patty, soft pretzel, vegetables, fruit and milk	17 Salisbury steak, roll, vegetables, fruit and milk
18 Beef chili w/ beans, roll, vegetable, fruit and milk	19 Porcupin slider, vegetables, fruit and milk	20 Pizza, chicken, brownies, vegetables, fruit and milk	21 Baked pollack sticks, wheat buns, vegetables, fruit and milk	22 Chicken strips, brown rice, vegetables, fruit and milk	23. Fish sandwich, side salad, vegetables, fruit and milk	24 Hamburger w/bun, vegetables, fruit and milk
25 Mac n cheese, bread stick, vegetable, fruit and milk	26 Chicken patty, vegetable, fruit and milk	27 Cheese calzone, veggies, fruit and milk	28 Chicken strips, brown rice, vegetables, fruit and milk	29 Chicken patty, vegetable, fruit and milk	30 Cheese calzone, veggies, fruit and milk	31 Fish sandwich, side salad, vegetables, fruit and milk