

BEGINNINGS AND BEYOND ~ October 2026

deember		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST		Note: In Service Day Cowgill Street Friday Oct. 2			1		1	Rice Krispies Pears Milk	2	In Service Day - Cowgill St Waffles/Maple Syrup Applesauce Milk
LUNCH		Note: In Service Day Buckson Drive Friday Oct 9						Simple Salisbury Steak WGR Brown Rice Veg. Baked Beans Pineapple Milk		Kid's Style Chicken Divan Cous Cous Corn Pears Milk
SNACK		Note: In Service Day Ludlow Lane Friday Oct 16						Jell-O Mixed Fruit Milk		WGR Brown Rice Cakes 100% Fruit Juice
BREAKFAST	5	WGR Wheat Chex Banana Milk	6	Raisin Toast/Butter Mixed Fruit Milk	7	Cornflakes Grapes Milk	8	Bagel /Butter Oranges Milk	9	In Service Day-Buckson Dr Corn Muffin Oranges Milk
LUNCH		OMG Chicken 100% WW Bread Mashed Potato Carrots Milk		Chicken Tenders Cous Cous Green Beans Applesauce Milk		Sloppy Joe's Pasta (Gr Beef/Pasta) Broccoli Pears Milk		Chicken Melties/Eng. Muffins Mixed Vegetables Pineapple Milk		Turkey Noodle Dinner Mixed Vegetables Mixed Fruit Milk
SNACK		Montery Jack Cheese Slices Saltine Crackers Water		WGR Rice Cakes 100% Fruit Juice		WGR Tiscuits 100% Fruit Juice		WGR. Fruity Oat Mix 100% Fruit Juice		Pretzel Sticks 100% Fruit Juice
BREAKFAST	12	Buttermilk Biscuits Pineapple Milk	13	English Muffins/Butter Banana Milk	14	WGR Rice Chex Oranges Milk	15	100% WW French Toast/Syrup Applesauce Milk	16	In Service Day- Ludlow Lane Pancakes/Syrup Pineapple Milk
LUNCH		BREAKFAST FOR LUNCH Scrambled Eggs Pop's Potatoes W.W. Bread Triangles Peaches Milk 		Kid's Favorite Chili (Gr Beef/Veg) Oyster Crackers Pears Milk		Opa's Mac N Cheese Mixed Vegetables Mixed Fruit Milk		Home Made Cheese Pizza Carrots Pears Milk		Mama 's Chicken & Rice Casserole (Chicken/WGR Brown Rice) Broccoli Watermelon Milk
SNACK		Monterey Cheese Slices Ritz Crackers Water		WGR Wheat Thin Crackers 100% Fruit Juice		Tortilla Chips Salsa Water		Cheese-It Crackers 100% Fruit Juice		Animal Crackers 100% Fruit Juice
BREAKFAST	19	100% WW Toast Mixed Fruit Milk	20	Corn Muffin Pears Milk	21	WGR. Corn Chex Pineapple Milk	22	English Muffin Grapes Milk	23	WGR Kix Cereal Oranges Milk
LUNCH		Spaghetti/Tomato Sauce Meatballs Green Beans Applesauce Milk		Chicken & Noodles in a Pan (Chicken,WGR Noodles) Broccoli Pears Milk		Mini Meatball Subs Veg. Baked Beans Mixed Fruit Milk		Pizza Casserole (Gr. Turkey, WGR Pasta) Peas and Carrots Banana Milk		Best Ever Shepherd's Pie (Gr Turkey, Veg) !00% WW Bread Triangles 100% Applesauce Milk
SNACK		Animal Crackers 100% Fruit Juice		H.M. Soft Breadsticks 100% Fruit Juice		Pretzel Logs 100% Fruit Juice		Corn Tortilla Chips Mild Salsa Water		Goldfish 100% Fruit Juice
BREAKFAST	26	Raisin Toast/Butter Pineapple Milk	27	Scrambled Eggs 100% WW Toast Milk	28	Pancakes Syrup Pears Milk	29	Bagel/Butter Banana Milk	30	WGR Whole Wheat Toast Banana Milk
LUNCH		Angry Bird Baked Chicken W.W. Bread Triangles Green Beans Carrots Milk		Natural Turkey Hot Dog Hot Dog Bun Veg. Baked Beans Peaches Milk		Bows N Chicken (Chicken,Pasta,Veg) Oranges Milk		Cheeseburger-Oni (Gr.Turkley/WGR Elbow Pasta) Green Beans Mixed Fruit Milk		Halloween Lunch Ghastly "Ghoul"ash (Gr. Turkey,corn) Buttered "Boo"dles Cinnamon Applesauce Milk 
SNACK		Chex Mix(Corn Chex, Rice Chex, Raisins, Pretzls) 100% Fruit Juice		WGR Wheat Thins 100% Fruit Juice		WGR Fruity Oat Mix 100% Fruit Juice		WGR Tiscuits 100% Fruit Juice		HAPPY HALLOWEEN Healthy Halloween Parties

Please note that if your child cannot eat any of the items on our menu due to allergies, beliefs, or food preferences, you must provide the meals for your child for that particular day.