

Lunch

October 2026

WGR – Whole Grain Rich

WW – Whole Wheat

MG – Multi Grain



	Monday	Tuesday	Wednesday	Thursday	Friday	
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup				1 Chicken & Cheese Chalupa with shredded Cabbage, Mexican Rice Pinto Beans Mixed Fruit Milk & Water	2 Cheese & Chicken Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	3 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
4 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	5 Cheese & Spinach Lasagna Garlic Bread Mixed Vegetables Fruit Cocktail Milk & Water	6 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	7 (WW) Macaroni & Triple Cheeses Steamed Peas Pear Slices Milk & Water	8 (WW) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	9 Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water	10 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
11 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	12 (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	13 BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	14 Chicken & Cheeseburgers (WW) Carrots Sticks Fruit Cocktail Milk & Water	15 (WW) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water	16 Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	17 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
18 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	19 (WW) Spaghetti with Meat Sauce Green Beans Peach Slices Milk/Water	20 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	21 (WW) Turkey & Cheese Sandwiches with Mayonnaise Carrots w/Ranch Banana Milk & Water	22 Chicken & Cheese Flautas Spanish Vegetable Rice Peach Slices Milk & Water	23 Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water	24 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
25 Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein -1 Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ½ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	26 (WW) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water	27 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	28 Turkey Meatloaf Mashed Potatoes Steamed Peas Orange Slices Milk & Water	29 (WW) Chicken & Cheese Quesadillas Spanish Rice Peach Slices Milk & Water	30 (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	31 Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅜ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup