



| ~ October 2026 Breakfast Menu ~                                                                                                                    |                                                                                                                          |                                                                                                                                                                                   |                                                                                           |                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Mon                                                                                                                                                | Tue                                                                                                                      | Wed                                                                                                                                                                               | Thu                                                                                       | Fri                                                                                                                |
| <b>5</b><br>1 Cup Assorted Cereal<br>1 oz. Stripples (2)<br>1 oz. Buttered Toast                                                                   | <b>6</b><br>1 oz. Plant-Based Ground Meat<br>1/8 Cup Cheese & Salsa (Optional)<br>Soft tortilla wrap<br>1 Slice WW Bread | <b>7</b><br>1/2 Cup Cream of Wheat<br>1 Slice WW Bread<br>1 Hard Boiled Egg                                                                                                       | <b>8</b><br>6 oz. Low Fat Yogurt<br>1 Granola Bar<br>1 Slice WW Bread                     | <b>9</b><br>2 oz. WW French Toast Sticks<br>1/8 Cup Scrambled Eggs<br>1 Slice WW Bread                             |
| <b>12</b><br>1 Cup Assorted Cereal<br>2 Breakfast links<br>1 oz. Buttered Toast                                                                    | <b>13</b><br>1 Biscuit<br>1/8 Cup Scrambled Eggs<br>1 Slice WW Bread                                                     | <b>14</b><br>1/2 Cup Oatmeal<br>1 Slice WW Bread<br>1 Hard Boiled Egg                                                                                                             | <b>15</b><br>2 Tbsp. Peanut Butter<br>1 Tbsp. Strawberry Jelly<br>2 Slices WW Bread       | <b>16</b><br>2 oz. Waffles<br>1 oz. Stripples (2)<br>1 Slice WW Bread                                              |
| <b>19</b><br>1 Cup Assorted Cereal<br>1 oz. Chicken Nuggets<br>1 oz. Buttered Toast                                                                | <b>20</b><br>1 WW English Muffin<br>1/8 Cup Scrambled Eggs<br>1 Slice WW Bread                                           | <b>21</b><br>1/2 Cup Cream of Wheat<br>1 Slice WW Bread<br>1 Hard Boiled Egg                                                                                                      | <b>22</b><br>6 oz. Low Fat Yogurt<br>1 Granola Bar<br>1 Slice WW Bread                    | <b>23</b><br>2 oz. Pancakes<br>1 oz. Sausage Patty<br>1 Slice WW Bread                                             |
| <b>26</b><br>1 Cup Assorted Cereal<br>1 oz. Sausage Patty<br>1 oz. Buttered Toast                                                                  | <b>27</b><br>1 WW Bagel<br>1 oz. Cream Cheese or<br>1 oz. Sunflower Butter<br>1 Slice WW Bread                           | <b>28</b><br>1/2 Cup Oatmeal<br>1 Slice WW Bread<br>1 Hard Boiled Egg                                                                                                             | <b>29</b><br>2 Tbsp. Peanut Butter<br>1 Tbsp. Grape Jelly<br>2 Slices WW Bread            | <b>30</b><br>1/2 Cup Grits<br>1/8 Cup Cheese<br>1 Slice WW Bread                                                   |
| ~ October 2026 Lunch Menu ~                                                                                                                        |                                                                                                                          |                                                                                                                                                                                   |                                                                                           |                                                                                                                    |
| Mon                                                                                                                                                | Tue                                                                                                                      | Wed                                                                                                                                                                               | Thu                                                                                       | Fri                                                                                                                |
| <b>5</b><br>1/2 Cup Oriental Noodles<br>Sweet & Sour Sauce<br>1 oz. Sausage Patty<br>1 Spring Roll<br>3/4 Cup Steamed Broccoli<br>1 Slice WW Bread | <b>6</b><br>1/2 Cup Mashed Potato<br>1/2 Cup Brown Stew Scallops<br>3/4 Cup Steamed Mixed Vegetables                     | <b>7 Hispanic Heritage</b><br>1 oz. Yellow Plantains<br>1/2 Cup Red Beans<br>1/2 Cup Yellow Rice<br>1/2 Cup Fiesta Corn Salad<br>Tortilla Chips<br>(Assorted Hispanic Appetizers) | <b>8</b><br>Cheese Pizza<br>1/2 Cup Garden Salad<br>1 tbsp. Ranch                         | <b>9</b><br>1 oz. Plant-based<br>Corn Beef/Turkey<br>Lettuce & Tomato<br>1 WW Bun<br>(Optional - Cheese & Pickles) |
| <b>12</b><br>2 oz. Hot Dogs<br>1 oz. WW Bun<br>1/2 Cup Carrots<br><br><b>1/2 Day</b>                                                               | <b>13</b><br>1/2 Cup Mashed Potato<br>1 oz. Fri Chic w/Gravy<br>3/4 Cup Green Beans                                      | <b>14</b><br>1/2 cup Pinto Beans<br>1/2 Cup Rice/6-8 Tortilla Chips<br>Lettuce, Tomato, Cheese , sour cream,<br>salsa (Optional)                                                  | <b>15</b><br>Cheese Pizza<br>3/4 Cup Cut Cucumbers<br>1 tbsp. Ranch                       | <b>16</b><br>2 oz. Cheese Quesadilla<br>1/2 Cup Fries<br>1/2 Cup Cut Corn                                          |
| <b>19</b><br>1 Cup Mac & Cheese<br>2oz. Sausage Patty<br>1/2 Cup Steamed Broccoli<br>1/2 slice WW bread                                            | <b>20</b><br>Vegetarian Chili<br>3/4 Cup Red Potato<br>1/2 Cup Steamed Cabbage                                           | <b>21 Pastor Appreciation</b><br>1/2 Cup Red Beans & Rice<br>1/2 Cup Curry Scallops<br>1/2 Cup Candied Yams                                                                       | <b>22</b><br>Cheese Pizza<br>1/2 Cup Corn on the Cob<br>1 tbsp. Ranch                     | <b>23</b><br>1 oz. Griller<br>Lettuce & Tomato<br>1 WW Bun<br>(Optional - Cheese & Pickles)<br>1/2 Cup Fries       |
| <b>26</b><br>3/4 Cup Meat Sauce<br>1/2 Cup Spaghetti<br>3/4 Cup Steamed Broccoli<br>1/2 slice WW bread                                             | <b>27</b><br>1 Cup Vegetarian Shepherd's Pie<br>1 Slice WW Bread                                                         | <b>28</b><br>1/2 Cup Black Bean Stew<br>1/2 Cup Seasoned Rice<br>1/2 Cup Green Beans                                                                                              | <b>29</b><br>Cheese Pizza<br>1/2 Cup Celery Sticks<br>1 tbsp. Ranch<br><br><b>1/2 Day</b> | <b>30</b><br>2 oz. Cheese Ravioli<br>Red Sauce<br>Corn on the Cob<br>1 Slice WW Bread                              |

8 oz. soy milk and 1% plain milk are served with all meals. Milk options- unflavored, strawberry or chocolate 1% milk.  
Meals are served with 4 oz. of cut fresh fruit, fruit cup, 100% juice or whole fruit (example banana)

This institution is an equal opportunity provider.