



October 2026

LUNCH & SNACK MENU

GF – Gluten Free		DF – Dairy Free	V – Vegetarian	EF– Egg free
All Veggies in PM snacks Infants – 2's will be steamed			1 mini-Croissants & Pumpkin butter V EF Baked Chicken GF DF EF Quinoa GF DF EF Mixed Veggies Fruit *Tofu Pita w/hummus dip V EF	2 Apple Muffin EF V DF Brisket Slider DF EF Fries GF DF V EF Fruit *Jackfruit Sunbutter sandwich DF V EF
5 Overnight Oats DF GF V EF Pasta Marinara V EF Zucchini & Squash GF DF EF V Fruit Rice Cakes with Berry Sauce GF DF V EF	6 Breakfast Protein Bars DF GF V EF Beef Empanadas DF EF Beans GF DF V EF Fruit *Spinach Cheese & Crackers	7 Yogurt Parfait V GF EF Turkey Roll ups EF Fruity Coleslaw GF V EF Fruit *Tofurkey Soft Fruit Granola Bar V EF	8 Banana Pancake bites V EF Chicken Teriyaki GF DF EF Mixed Veggies GF DF EF V Rice Fruit *Mushroom Ranch & Veggies GF EF	9 Tropical Muffin EF V DF Cheese Pizza Day!!! Veggie Salad GF DF V EF Fruit Graham Crackers & Apple Sauce DF V EF
12 Cereal & Fruit V DF EF Turkey Meatloaf DF Mashed Potatoes GF V EF Green Beans Fruit *Veggie Loaf Ranch & Veggies GF V EF	13 Biscuit and jam V EF Cheese Quesadillas EF V Guac Salad DF GF V EF Fruit Baked Sweet Potatoes & Apples GF V EF	14 Toast & HBEgg V DF BBQ Chicken DF GF EF Corn DF GF V EF Potato Salad DF GF V EF Fruit Tuna salad w/crackers *Chicken DF V EF	15 Breakfast Taco DF V EF Grilled Cheese V EF Tomato Soup DF GF V EF Veggies DF GF V EF Fruit Sunbutter & Rice Cake V GF DF EF	16 Lemon Poppyseed Muffins EF V DF Falafel GF DF V EF Cous Cous DF V EF Cucumber Salad GF DF V EF Fruit Avocado Toast DF V EF
19 Overnight oats DF V EF Chicken & Waffles DF Veggies GF DF V EF Fruit *Chicken' Cucumber Sandwiches EF V	20 Yogurt & Fruit GF V EF Beef Tacos EF Beans GF DF V EF Fruit Fruit & Cheese GF V EF	21 Pancakes with fruit DF V EF Salmon Cakes DF Zucchini & Squash V GF DF EF Fruit *Quinoa Cake White Bean dip & Crackers DF V EF	22 Apple Morning Quinoa DF V EF Spaghetti With Meat Sauce DF EF Broccoli GF DF V EF Fruit Pretzels w/spinach dip V E	FALL FEST No Haute Lunch
26 Cereal & Fruit V DF EF Turkey Chili DF EF Veggies GF DF V EF Fruit *Tofu Berry protein dip w/fruit GF V EF	27 Bagels & Cream Cheese EF V Cheese Enchiladas GF V EF Spanish Rice GF V EF Fruit Cheese Toast V EF	28 Oatmeal & Fruit DF V EF Chicken Tenders MacN Cheese V EF Green Beans GF DF V EF Fruit *Chicken' Pea Salad with crackers GF DF V EF	29 Hash Brown Casserole GF DF V EF Pork Stir Fry Veggies GF DF V EF Rice Fruit *Mushroom Ham & Spinach rollups	30 Pear Ginger Muffins EF V DF Beef Slider Sweet Potato Tots Fruit *Veggie Fruit & Grain Energy Bars DF V EF