

EHS-HS CENTERS

OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Notes: MILK IS SERVED DAILY Children 12 – 23 months- Whole Vitamin D Milk Children over 24 months - 1% Low-fat Milk Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix 100% Juice - Grape, Orange, Apple, Fruit juice THIS IS A PEANUT/PEANUT PRODUCT FREE AND PORK/PORK PRODUCT FREE MENU			¹ WG Cold Cereal Fresh Banana Protein Bento Box Apples Slices Ritz Crackers WG Cheez-its Diced Pears	² French Toast Warm Cinn. Blueberries WG Chicken Nuggets w/Gravy Roasted Potato Wedges Smothered Green Beans WG Biscuit Pretzel Bites Cheese Sauce
⁵ WG Breakfast Sandwich Fresh Orange Wedges Tuscan Bean Stew Tropical Fruit Garlic Breadstick WG Tortilla Chips Tomato Sauce	⁶ WG Bagel w/ Cream Cheese Fresh Banana Chicken Burrito Bowl Diced Mango Raspberry Yogurt Teddy Grahams	⁷ Peachy Baked Oatmeal Turkey & Cheese Melt Creamy Tomato Basil Soup Pineapple Tidbits WG Cheesy Breadstick	⁸ WG Cold Cereal Fruit Cocktail Scrambled Eggs & Sausage Hash Brown Patty Mixed Berries WG Biscuit Fresh Apple Slices Pretzel Goldfish	⁹ Buttermilk Pancake Diced Strawberries WG Cheese Pizza Tossed Salad Mandarin Oranges Diced Pears Apple Cinnamon Muffin
¹² WG Egg & Cheese Stuffed Biscuit Tropical Fruit BBQ Meatballs Mashed Potatoes Smashed Blueberries Dinner Roll Cheese Quesadilla	¹³ WG Cheese Toast Diced Peaches WG Fish Stick Tacos Coleslaw Diced Mango WG Animal Cookies Vanilla Yogurt	¹⁴ Spiced Oatmeal Diced Pears White Bean Soup Pineapple Tidbits WG Cheesy Breadstick Vegetable Egg Roll	¹⁵ WG Cold Cereal Fruit Cocktail Spaghetti & Meat Sauce Italian Green Beans Diced Strawberries Apples Slices WG Goldfish	¹⁶ STAFF PROFESSIONAL DAY SCHOOL CLOSED
¹⁹ Scrambled Eggs Hashbrown Rosemary Roast Chicken Mixed Vegetables Diced Pears Brown Rice Mixed Fruit Enriched Pita	²⁰ Cinnamon Toast Diced Peaches Three Bean Chili Fresh Banana Corn Muffin Apple Slices Cinnamon Goldfish	²¹ Vanilla Yogurt Diced Strawberries WG Cheeseburger Sweet Potato Puffs Diced Mango English Muffin Spiced Sun butter	²² WG Cold Cereal Pineapple Tidbits Chicken Alfredo California Blend Veggies Orange Wedges Tropical Fruit Pretzels	²³ French Toast Warm Cinn. Blueberries WG Chicken Nuggets w/Gravy Roasted Potato Wedges Smothered Green Beans WG Biscuit Pretzel Bites Cheese Sauce
²⁶ Breakfast Pizza Diced Peaches Baked Cheesy Tortellini Steamed Broccoli Tropical Fruit WG Cheese Toast	²⁷ English Muffin Hard Boiled Egg Pineapples Tidbits Beef & Bean Quesadilla Corn Salsa Diced Mango Pumpkin Applesauce Cinnamon Bug Bites	²⁸ Cheesy Grits Diced Strawberries Chicken Fried Rice Vegetables Egg Roll Mandarin Oranges Guacamole Tortilla Chips	²⁹ WG Cold Cereal Fresh Banana Protein Bento Box Apples Slices Ritz Crackers WG Cheez-its Diced Pears	³⁰ F WG Apple Cinn. Muffin Hard Boiled Egg Mixed Berries Turkey Tetrizzini Garlic Rosted Peas Mandarin Oranges Hummus Flat Bread Dipper