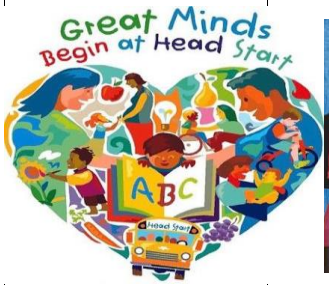
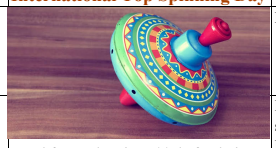
The Children's Center OCTOBER 2026 Menu

One and Older - Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Breakfast: Oatmeal, pears, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, sweet potato nuggets, and Milk Snack: Tortilla with Cream Chees and Milk	Breakfast: Cream of Wheat, applesauce, Milk Lunch: Spring's chicken/broccoli* casserole peaches, roll, Milk Snack: Cheese sandwich, pineapple and water
5	6	7	8	9
	Sparky says that it's *Fire Prevention Week Oct. 4th – 10th* and *Safe Charging Is a Superpower!* Focusing on everyday charging habits to reduce the risk of fires. More information at *https://www.nfpa.org/events/fire-prevention-week*			**EHS/HS Closed - Teacher Work Day**
Breakfast: Oatmeal, pears, and Milk Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and Milk Snack: Apple Slices,saltines and water	Breakfast: Kix, mandarin oranges, Milk Lunch: Chicken Spaghetti Bake, peas,**chef's choice veggie** and Milk Snack: String Cheese and Milk	Breakfast: Chicken Sausage links, pineapple and Milk Lunch: Fish fillet with lemon pepper **chef's choice veggie**, broccoli*, roll, and Milk_____ Snack: Pears and Milk	Breakfast: Waffles, bananas, Milk Lunch: Meatball sub on whole grain bun, pears, *Spinach, Milk Snack: Gold fish crackers and Milk	Breakfast: French toast chef's choice fruit and Milk _____ Lunch: Macaroni and cheese , ^green beans, yams* and Milk Snack: whole grain cheeze its, mandarin oranges and water
12	13	14	15	16
		International Top Spinning Day		
Breakfast: Cheese toast, applesauce, and Milk Lunch: Turkey Sausage, wheat biscuit, mandarin oranges, peas and Milk Snack: Pears and Milk	Breakfast: Vanilla Yogurt, pineapple and Milk Lunch: Cheese Ravioli with Mozz Cheese, peaches, broccoli* and Milk Snack: Strawberry Yogurt Snack Mix and Milk	 Breakfast: Cheerios, **chef's choice fruit**, and Milk _____ Lunch: Taco Soup, pears , whole grain roll and Milk Snack: Kix and Milk	Breakfast: Grits, pears and Milk Lunch: Chicken Nuggets *brussels sprouts, *Sweet Potato Nuggets, roll, Milk Snack: Mandarin Oranges, whole grain cheez its and water	Breakfast: Pancakes, peaches, sugar free syrup, Milk Lunch: Whole grain cheese pizza, lettuce and tomato* salad, Mixed Vegetable Blend*, Milk Snack: Vanilla Yogurt, pears, water
19	20	21	22	23
Breakfast: Oatmeal, pears, Milk Lunch: Three cheese potatoes, green beans,*chef's choice veggie* Whole Grain Roll _____ ,Milk Snack: Kix, mandarin oranges, and water	Breakfast: Cheerios, Honey Dew Melon, Milk Lunch: Pulled Chicken BBQ whole grain roll, corn, Spinach*, Milk Snack: Whole grain cheez its, sliced apples, water	Breakfast: Chicken Sausage Link, Peaches, Milk Lunch: Fish Nuggets, broccoli*, Sweet Potato Nuggets, Milk and Whole Grain Roll Snack: Tortilla with Cream Chees and Milk	Breakfast: Breakfast Pizza, pears, Milk Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, Milk _____ Snack: Cantaloupe & Ritz Crackers and water	Breakfast: Kix, pineapple, Milk Lunch: Cheese Burger on Whole Grain Bun, Tater Tots, Chef's Choice Veggie, Milk _____ Snack: Chips and Salsa, Milk
	National School Bus Safety Week: October 19th-23rd			
26	27	28	29	30
	Policy Council			
Breakfast: Hot Biscuit, peaches, Milk Lunch: Chicken and rice casserole, peas, **chef's choice fruit**, Whole grain roll, Milk_____ Snack: Whole grain cheez its and Milk	Breakfast: Kix, pineapple, Milk Lunch: Meatballs on whole grain roll, tropical fruit , ^green beans, Milk Snack: Strawberry Yogurt Snack Mix and Milk	Breakfast: Chicken sausage links,**chef's choice fruit**, Milk _____ Lunch: Chili, applesauce, whole grain roll and Milk Snack: Vanilla yogurt, peaches and water	Breakfast: Pancakes, applesauce, sugar free syrup, Milk Lunch: Grilled chicken patty on bun, corn, peas, Milk Snack: Apple Slices and saltines and water	Breakfast: Oatmeal, pineapple, Milk Lunch: Fish fillet w/lemon pepper, yams*, Spinach*, whole grain roll, Milk Snack: Strawberry Yogurt Snack Mix and Milk

* Foods High in Vitamin A
Toddler foods must be diced in pieces no larger that 1/2 inch
Infant foods must be diced in pieces no larger than 1/4 inch
Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing
All Milk is low fat - Individualized Menus will be sent separately.

"This institution is an equal opportunity provider and employer"

^Canned green beans
Cereal must have a least 3 grams of fiber
Bread Must have at least 5 grams of fiber
Pastas must be whole grain
Sugar free syrup available for breakfast foods

Saturday, October 31st