

# OCTOBER 2026

| Monday                                                                                          | Tuesday                                                                                                                        | Wednesday                                                                                              | Thursday                                                                                                 | Friday     |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|------------|
| <b>5) Cheeseburger</b><br>Lettuce, tomato, onion & pickle<br>Baked Sweet Potato<br>Fruit & milk | <b>6) Soup &amp; Sandwich</b><br>Egg Salad w/Lettuce & Tomato<br>Chicken & Rice Soup<br>Cinnamon Pears w/<br>Vanilla Ice Cream | <b>7) Vegetable Quiche</b><br>Home Fries<br>Yogurt & Fruit                                             | <b>8) Mexican Turkey Casserole</b><br>Whole Wheat Tortilla<br>Fruit & Yogurt                             | <b>9)</b>  |
| <b>12) MOW<br/>CLOSED FOR THE HOLIDAY</b>                                                       | <b>13) Baked Chicken Parm</b><br>Whole Wheat Pasta<br>Vanilla Ice Cream w/ Fruit                                               | <b>14) American Chop Suey</b><br>Honey Glazed Carrots<br>Dinner Roll<br>Yogurt and Fruit Compote       | <b>15) Beef and Vegetable Soup</b><br>Salad w/Hardboiled Egg<br>& Balsamic<br>Yogurt w/Granola & Berries | <b>16)</b> |
| <b>19) Baked Ziti</b><br>Salad w/Balsamic Vinaigrette<br>Fruit & Milk                           | <b>20) Pineapple Chicken</b><br>Roasted Veggies w/Feta<br>Brown Rice<br>Vanilla Ice Cream<br>With Fruit                        | <b>21) Greek Salad<br/>With Grilled Chicken</b><br>House made Dressing<br>Wheat Roll<br>Yogurt & Fruit | <b>22) Sweet Potato<br/>Shepherd's Pie</b><br>Yogurt & Fruit                                             | <b>23)</b> |
| <b>26) Ginger Chicken Soup</b><br>Wheat Roll<br>Milk & fruit                                    | <b>27) Roasted Turkey w/Gravy</b><br>Mashed Sweet Potato<br>Green Bean Almondine<br>Fruit Compote w/<br>Vanilla Ice Cream      | <b>28) Butter Chicken w/Rice</b><br>Sauteed Green Beans<br>Yogurt w/ Fruit compote                     | <b>29) Pizza</b><br>Salad w/Balsamic<br>Fruit Salad                                                      | <b>30)</b> |