FROM THE HEART PRESCHOOL – OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
FEEDING THEIR FUTURE NUTRITION PROGRAM	This institution is an equal opportunity provider. *** Menu Subject to Change** All Meals Provided by Feeding Their Future		1 **Lunch:** *Meatball Sub* Meatballs, WG Bun, Tater Tots, Cole Slaw, Milk **Snack:** Chex Mix, 100% Fruit Juice	2 **Lunch:** *Chicken Salad* Chicken, Carrot Sticks, WG Pita Bread, Fruit, Milk **Snack:** Ritz Crackers, Cheese
5 **Lunch:** *Taco Bowl* Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk **Snack:** WG Graham Crackers, 1% Milk	6 **Lunch:** *Penne Pasta* Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk **Snack:** Cheez Its, 100% Fruit Juice	7 **Lunch:** *Hawaiian Chicken* Chicken, Brown Rice, Mixed Vegetables, Fruit, Milk **Snack:** Yogurt, Granola	8 **Lunch:** *Sloppy Joes* Ground Turkey, WG Bun, Tater Tots, Fruit, Milk **Snack:** Pretzels, Cheese	9 **Lunch:** *Chicken Caesar Salad* Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk **Snack:** Wheat Thins, 100% Fruit Juice
12 **Lunch:** *Burger* Slider, WG Bun, Fruit, Tater Tots, Milk **Snack:** Yogurt, Granola	13 **Lunch:** *Teriyaki Chicken* Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk **Snack:** Goldfish, 100% Fruit Juice	14 **Lunch:** *M.Y.O. Bean & Cheese Burrito* Refried Beans, Tortilla, Cucumber, Fruit, Milk **Snack:** Animal Crackers, Milk	15 **Lunch:** *Chicken Alfredo* Chicken, WG Pasta, Broccoli, Fruit, Milk **Snack:** Club Crackers, Cheese	16 **Lunch:** *Asian Chicken Salad* Chicken, Salad, WG Pita Bread, Fruit, Milk **Snack:** Pretzels, 100% Fruit Juice
19 **Lunch:** *Spaghetti & Meatballs* Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk **Snack:** WG Graham Crackers, 1% Milk	20 **Lunch:** *Chicken Taco Bowl* Chicken, Pinto Beans, Corn, WG Brown Rice, Milk **Snack:** Goldfish, 100% Fruit Juice	21 **Lunch:** *Baked Chicken* Chicken, WG Pasta, Mixed Vegetables, Salad, Milk **Snack:** Ritz Crackers, Cheese	22 **Lunch:** *Chili* Ground Turkey, Kidney Beans, WG Brown Rice, Fruit, Milk **Snack:** Yogurt, Granola	23 **Lunch:** *Southwest Chicken Salad* Chicken, Corn, Salad, WG Pita Bread, Milk **Snack:** Wheat Thins, Cheese
26 **Lunch:** *BBQ Chicken* Chicken, WG Roll, Mashed Potatoes, Corn, Milk **Snack:** Goldfish, 100% Fruit Juice	27 **Lunch:** *Taco* Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk **Snack:** Club Crackers, Cheese	28 **Lunch:** *Spaghetti* Ground Turkey, WG Spaghetti, Green Beans, Fruit, Milk **Snack:** WG Animal Crackers, Milk	29 **Lunch:** *BBQ Meatballs* Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk **Snack:** Wheat Thins, 100% Fruit Juice	30 **Lunch:** *Turkey Sandwich* Sliced Turkey, Carrot Sticks, WG Sliced Bread, Fruit, Milk **Snack:** Chex Mix, String Cheese

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast (Ages 1-2): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk – ½ cup **1% plain milk (whole milk for children age 1)**

(Ages 3-5): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼cup hot cereal; fruit or vegetable- ½ cup; milk – ¾ cup 1% plain milk

Lunch: (Ages 1-2) meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup **1% plain milk (whole milk for children age 1)**

(Ages 3-5) meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup 1% plain milk

Snack (two of the following): (Ages 1-2 and 3-5) meat/meat alternate – ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup **1% plain milk (whole milk for children age 1)**

***(WG) = Whole Grain**