

RFMA OCTOBER MENU

2026

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Chef Mikey Presents

My Kid's Lunch

A division of Michael's of Denver Catering
303-778-0916

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Popcorn Chicken Ketchup Mashed Potatoes WW Cornbread Muffin Fresh Apple	² <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Garlic Beef Noodles Steamed Mixed Veggies Cinnamon Peaches
⁵ <i>Apple Frudel</i> <i>Fruit Punch</i> <i>Fresh Green Apple</i> Turkey Hot Dog Wheat Bun, Ketchup Baked Beans Cinnamon Apples	⁶ <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> Grilled Cheese Steamed Corn Cinnamon Peaches	⁷ <i>Mini Bagels</i> <i>w/Strawberry Cream</i> <i>Cheese</i> <i>Apple Juice</i> <i>Applesauce Cup</i> Chicken Nuggets & Waffles Syrup Steamed Carrots Fresh Banana	⁸ No School	⁹ No School
¹²	¹³	¹⁴	¹⁵	¹⁶

No School	No School	<i>Breakfast Bar</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Breakfast Burrito Scrambled Eggs Cheddar Cheese, Salsa Hash Browns Fresh Green Apple	<i>Apple Cinnamon</i> <i>Oatmeal Round</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Chicken Potstickers Brown Rice Soy Sauce Steamed Carrots Orange Quarters	<i>Pumpkin Muffin</i> <i>String Cheese</i> <i>Grape Juice</i> <i>Applesauce Cup</i> Beef Soft Tacos Cheddar Cheese Tortillas, Salsa Refried Beans Watermelon Frozen Juice Cup
¹⁹ <i>Strawberry Cinnaboli</i> <i>Fruit Punch</i> <i>Fresh Apple</i> Chicken Tenders BBQ Sauce Cornbread Muffin Mashed Potatoes Cinnamon Peaches	²⁰ <i>Cinnamon Toast Crunch</i> <i>Cereal Bowl</i> <i>Dried Apples</i> <i>Fresh Orange</i> Grilled Cheeseburger Sliced Cheddar Wheat Bun, Ketchup Baked Beans Strawberry Frozen Juice Cup	²¹ <i>Lemon Poppyseed Muffin</i> <i>String Cheese</i> <i>Apple Juice</i> <i>Fruit Cup</i> Pancakes, Syrup Chicken Sausage Patty Hash Browns Orange Quarters	²² <i>Breakfast Bar</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Macaroni & Cheese Popcorn Chicken Steamed Broccoli Fresh Green Apple	²³ <i>Banana Muffin</i> <i>Vanilla Yogurt</i> <i>Grape Juice</i> <i>Applesauce</i> Mini Cheese Pizzabolis Marinara Dipping Sauce Steamed Carrots Cinnamon Apples
²⁶ <i>Apple Frudel</i> <i>Fruit Punch</i> <i>Fresh Green Apple</i> Seasoned Beef Chili Shredded Cheddar Cornbread Muffin Baked French Fries Berry Crisp	²⁷ <i>Cheerios Bowl</i> <i>String Cheese</i> <i>Dried Apples</i> <i>Fresh Orange</i> French Toast Sticks Chicken Sausage Patty Syrup Hash Browns Orange Quarters	²⁸ <i>Mini Bagels w/Strawberry Cream Cheese</i> <i>Apple Juice</i> <i>Applesauce Cup</i> Red Chicken Tamales Cheddar Cheese, Salsa Refried Beans Cinnamon Peaches	²⁹ <i>Cinnamon Roll</i> <i>Dried Fruit</i> <i>Fresh Banana</i> Pizza Roll Up Turkey Pepperoni & Mozz Cheese Marinara Sauce Steamed Carrots Cinnamon Apples	³⁰ <i>Blueberry Muffin</i> <i>Grape Juice</i> <i>Fruit Cup</i> Meatball Sub Marinara Sauce Hoagie Roll Steamed Broccoli Seasonal Fruit

****This institution is an equal opportunity provider and employer.***

*****All meals are served with a choice of 1% or skim white milk. Chocolate milk is offered on Fridays.***

******This menu is subject to change based on item availability***