

MPESD Preschool Lunch Menu October 2026

9/28	9/29	9/30	10/1	10/2
Alfredo Macaroni, Panko	Mini Corn Dogs	Grilled Cheese Sandwich 2MMA 2WG	Lasagna Roll Up	Cheese Pizza -16" Bold 2MMA 3WG
1 cup	5 pieces	1 Sandwich	1 Roll	1 slice
Orange Slices (1/4 Cup)	Fresh Strawberries (1/4 Cup)	Raisin Box (1/4 Cup)	Carrot Sticks (1/4 Cup)	Apple Sauce (1/4 cup)
Baby Carrots (1/4 Cup)	Jicama (1/4 Cup)	Cucumber Coins (1/4 Cup)	Banana (1/4 Cup)	Corn (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/5	10/6	10/7	10/8	10/9
Fruit & Yogurt Parfait w/ Cheese Stick	Bean & Cheese Burrito (2MMA 2WG)	Cheese Ravilois	Cheese Stuffed Bread Sticks 2MMA 2WG	Baked Potato with Cheese offered with a Roll (2MMA 2WG, 1/2c V)
1 each	1 each	10 Ravilois	2 breadsticks	1 potato & roll
Orange Slices (1/4 Cup)	Fresh Strawberries (1/4 Cup)	Raisin Box (1/4 Cup)	Carrot Sticks (1/4 Cup)	Apple Sauce (1/4 cup)
Baby Carrots (1/4 Cup)	Jicama (1/4 Cup)	Cucumber Coins (1/4 Cup)	Banana (1/4 Cup)	Corn (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/12	10/13	10/14	10/15	10/16
Chicken Tender 2MMA 1WG	Bean & Cheese Nacho (2MMA 2WG)	Crispy Chicken Sandwich, White Meat	Macaroni & Cheese 2MMA 1 WG	Cheese Pizza -16" Bold 2MMA 3WG
3 Tenders	1 each	1 Sandwich	2/3 Cup	1 slice
Orange Slices (1/4 Cup)	Fresh Strawberries (1/4 Cup)	Raisin Box (1/4 Cup)	Carrot Sticks (1/4 Cup)	Apple Sauce (1/4 cup)
Baby Carrots (1/4 Cup)	Jicama (1/4 Cup)	Cucumber Coins (1/4 Cup)	Banana (1/4 Cup)	Corn (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/19	10/20	10/21	10/22	10/23
Riblet Sandwich	Taco Nada 2MMA 2WG	Grilled Cheese Sandwich 2MMA 2WG	Teriyaki Beef Dippers offer with Rice 2MMA 1WG	Cheeseburger 2.5MMA 2WG
1 each	1 Burrito	1 each	3 Dippers & 1/4 C Rice	1 each
Orange Slices (1/4 Cup)	Fresh Strawberries (1/4 Cup)	Raisin Box (1/4 Cup)	Carrot Sticks (1/4 Cup)	Apple Sauce (1/4 cup)
Baby Carrots (1/4 Cup)	Jicama (1/4 Cup)	Cucumber Coins (1/4 Cup)	Banana (1/4 Cup)	Corn (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/26	10/27	10/28	10/29	10/30
Alfredo Macaroni, Panko	Mini Corn Dogs	Grilled Cheese Sandwich 2MMA 2WG	Lasagna Roll Up	Cheese Pizza -16" Bold 2MMA 3WG
1 cup	5 pieces	1 Sandwich	1 Roll	1 slice
Orange Slices (1/4 Cup)	Fresh Strawberries (1/4 Cup)	Raisin Box (1/4 Cup)	Carrot Sticks (1/4 Cup)	Apple Sauce (1/4 cup)
Baby Carrots (1/4 Cup)	Jicama (1/4 Cup)	Cucumber Coins (1/4 Cup)	Banana (1/4 Cup)	Corn (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)

MPESD Preschool PM Snack Menu October 2026

9/28	9/29	9/30	10/1	10/2
Goldfish Crackers WGR (.75oz bag)	Graham Crackers (2ea) WGR	Cheez-It Crackers WGR (.75oz bag)	Jungle Crackers WGR (1oz bag)	String Cheese (1oz)
Apple (1ea)	1% Unflavored Milk (6oz)	Orange Slices (1/2 Cup)	1% Unflavored Milk (6oz)	Apple Slices (1/2 Cup)
10/5	10/6	10/7	10/8	10/9
Goldfish Crackers WGR (.75oz bag)	Graham Crackers (2ea) WGR	Cheez-It Crackers WGR (.75oz bag)	Jungle Crackers WGR (1oz bag)	String Cheese (1oz)
Apple (1ea)	1% Unflavored Milk (6oz)	Orange Slices (1/2 Cup)	1% Unflavored Milk (6oz)	Apple Slices (1/2 Cup)
10/12	10/13	10/14	10/15	10/16
Goldfish Crackers WGR (.75oz bag)	Graham Crackers (2ea) WGR	Cheez-It Crackers WGR (.75oz bag)	Jungle Crackers WGR (1oz bag)	String Cheese (1oz)
Apple (1ea)	1% Unflavored Milk (6oz)	Orange Slices (1/2 Cup)	1% Unflavored Milk (6oz)	Apple Slices (1/2 Cup)
10/19	10/20	10/21	10/22	10/23
Goldfish Crackers WGR (.75oz bag)	Graham Crackers (2ea) WGR	Cheez-It Crackers WGR (.75oz bag)	Jungle Crackers WGR (1oz bag)	String Cheese (1oz)
Apple (1ea)	1% Unflavored Milk (6oz)	Orange Slices (1/2 Cup)	1% Unflavored Milk (6oz)	Apple Slices (1/2 Cup)
10/26	10/27	10/28	10/29	10/30
Goldfish Crackers WGR (.75oz bag)	Graham Crackers (2ea) WGR	Cheez-It Crackers WGR (.75oz bag)	Jungle Crackers WGR (1oz bag)	String Cheese (1oz)
Apple (1ea)	1% Unflavored Milk (6oz)	Orange Slices (1/2 Cup)	1% Unflavored Milk (6oz)	Apple Slices (1/2 Cup)

Menu Subject to Change- Grain/Fruit/Vegetable portions to remain the same

MPESD Preschool Breakfast Menu October 2026

9/28	9/29	9/30	10/1	10/2
Waffles (1 Waffle)	Fruit Parfait w/ Granola (1 ea)	Scrambled Eggs (1/4 Cup) Biscuit (1ea)	Breakfast Pizza 1 slice	Mini Pancakes WG (3oz)
Applesauce (1/2 cup)	Fresh Orange (1/2 Cup)	Banana (1/2 Cup)	Apple Slices (1/2 Cup)	Raisin Box (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	
10/5	10/6	10/7	10/8	10/9
Waffles (1 Waffle)	Fruit Parfait w/ Granola (1 ea)	Scrambled Eggs (1/4 Cup) Biscuit (1ea)	Breakfast Pizza 1 slice	Mini Pancakes WG (3oz)
Applesauce (1/2 cup)	Fresh Orange (1/2 Cup)	Banana (1/2 Cup)	Apple Slices (1/2 Cup)	Raisin Box (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/12	10/13	10/14	10/15	10/16
Waffles (1 Waffle)	Fruit Parfait w/ Granola (1 ea)	Scrambled Eggs (1/4 Cup) Biscuit (1ea)	Breakfast Pizza 1 slice	Mini Pancakes WG (3oz)
Applesauce (1/2 cup)	Fresh Orange (1/2 Cup)	Banana (1/2 Cup)	Apple Slices (1/2 Cup)	Raisin Box (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/19	10/20	10/21	10/22	10/23
Waffles (1 Waffle)	Fruit Parfait w/ Granola (1 ea)	Scrambled Eggs (1/4 Cup) Biscuit (1ea)	Breakfast Pizza 1 slice	Mini Pancakes WG (3oz)
Applesauce (1/2 cup)	Fresh Orange (1/2 Cup)	Banana (1/2 Cup)	Apple Slices (1/2 Cup)	Raisin Box (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)
10/26	10/27	10/28	10/29	10/30
Waffles (1 Waffle)	Fruit Parfait w/ Granola (1 ea)	Scrambled Eggs (1/4 Cup) Biscuit (1ea)	Breakfast Pizza 1 slice	Mini Pancakes WG (3oz)
Applesauce (1/2 cup)	Fresh Orange (1/2 Cup)	Banana (1/2 Cup)	Apple Slices (1/2 Cup)	Raisin Box (1/4 Cup)
1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)	1% Unflavored Milk (6oz)

Menu Subject to Change- Grain/Fruit/Vegetable portions to remain the same