

October 2026 Allergen Free Breakfast and Lunch Menus



Breakfast: Applesauce, Milk and Juice served everyday
Lunch: Choice between Milk and Soy milk everyday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28	9/29	9/30	10/1	10/2
Oatmeal w/ Fruit Compote Beef & Cheese Nachos Seasoned Black Beans Cauliflower Apple Sauce	Chicken & Waffles Turkey Alfredo Green Beans Sweet Potato Tropical Fruit Mix	Pureed Oatmeal w/ Fruit compote Seasonal Muffin w/ Fruit Compote Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans Applesauce	Cream of Wheat w/ Fruit Compote Chili Mashed Potatoes w/ Gravy Seasoned Black Beans Tropical Fruit Mix	Pureed Yogurt Meal Mini Pancakes w/ Chicken Green Chili Cheese Burrito w/ Nacho Cheese Cauliflower Green Beans Mandarin Oranges
10/5	10/6	10/7	10/8	10/9
Fruit & Yogurt Parfait Spaghetti Glazed Carrots Cauliflower	Oatmeal w/ Compote Cheese Enchiladas Seasoned Black Beans Green Beans Tropical Fruit Mix	Pureed Cream of Wheat w/ Fruit Compote French Toast w/ Fruit Compote Salisbury Steak Green Beans Mashed Potatoes	Chicken Biscuit w/ Gravy Macaroni & Cheese Tomato Soup Creamed Spinach Mandarin Oranges	Fall Break
10/12	10/13	10/14	10/15	
Fall Break				
10/19	10/20	10/21	10/22	10/23
Holiday Yogurt Meal Strawberry Applesauce Chili Glazed Carrots Seasoned Black Beans Strawberry Applesauce	Chicken & Waffles Turkey Alfredo Green Beans Sweet Potato Tropical Fruit Mix	Pureed Oatmeal w/ Fruit Compote Cinnamon Roll w/ Chicken Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Green Beans	Cream of Wheat w/ Fruit Compote Green Chili Cheese Burrito w/ Nacho Cheese Cauliflower Green Beans Mandarin Oranges	Pureed Yogurt Meal Mini Pancakes w/ chicken Beef & Cheese Nachos Seasoned Black Beans
10/26	10/27	10/28	10/29	10/30
Fruit & Yogurt Parfait Applesauce Spaghetti Glazed Carrots Cauliflower	Oatmeal w/ Compote Cheese Enchiladas Seasoned Black Beans Green Beans Tropical Fruit Mix	Pureed Cream of Wheat w/ Fruit Compote French Toast w/ Fruit Compote Salisbury Steak Green Beans Mashed Potatoes	Chicken Biscuit w/ Gravy Macaroni & Cheese Tomato Soup Creamed Spinach Mandarin Oranges	Pureed Oatmeal w/ Fruit compote Seasonal Muffin w/ Fruit Compote Chicken Nugget Green Beans Mashed Potatoes w/ Gravy

Menus are subject to change without notice due to price and availability of food

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