

October 2026 Early Learning Center Menus St. Charles Parish Public Schools

This institution is an equal opportunity provider.
Menus are subject to change.



**Every complete meal we serve comes with
your choice of low fat or nonfat milk!**

BENEFITS OF PUMPKIN



NUTRIENT-RICH
High in vitamins
(A, C, E.)



**HIGH IN
ANTIOXIDANTS**
Protect cells
from damage



**BOOSTS
IMMUNITY**
Help the body
fight infections



**AIDS
WEIGHT LOSS**
Low in calories
high in fiber



**PROMOTES
EYE HEALTH**
Supports vision



**HEART
HEALTHY**
Help lower risk
of heart disease

POPULAR WINTER SQUASH VARIETIES



ACORN



BUTTERNUT



CARNIVAL



DELICATA



HUBBARD



KOBACHA



PUMPKIN



RED KURI



SPAGHETTI



SWEET DUMPLING

Monday, October 5

Breakfast
Waffle
Juice, Milk

Lunch
Chicken Tenders
Broccoli w/Cheese
Sliced Peaches
Milk

Snack
Blueberry Muffin
Milk

Tuesday, October 6

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Orange Chicken, Fried Rice
Edamame Beans
Mandarin Oranges
Milk

Snack
Yogurt
Tiger Bites Graham Cracker

Weds., October 7

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Turkey & Sausage Gumbo
Rice, Potato Salad
Pineapple Tidbits
Milk

Snack
Cheddar Cheese Cubes
Orange Wedges

Thursday, October 8

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Meatsauce w/Spaghetti
Green Beans
Banana Half
Milk

Snack
Cheddar Goldfish
Milk

Friday, October 9

Breakfast
Grits
Juice, Milk

Lunch
Grilled Cheese Sandwich
Tater Tots
Orange Wedges
Milk

Snack
Vanilla Chat Snax Grahams
Fruit Cup (Applesauce)

Thursday, October 1

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Pork Chop
Mac & Cheese, Broccoli
Pineapple Tidbits
Milk

Snack
Mickey Gold Fish
Milk

Friday, October 2

Breakfast
Cereal
Juice, Milk

Lunch
Breaded Chicken Sliders
Tater Tots
Orange Wedge
Milk

Snack
Animal Crackers
Fruit Cup (Pear)

Monday, October 12	Tuesday, October 13	Weds., October 14	Thursday, October 15	Friday, October 16
 FALL BREAK MONDAY OCTOBER 12TH & TUESDAY OCTOBER 13TH No School WE WILL SEE YOU BACK ON WEDNESDAY OCTOBER 14TH!		Breakfast Breakfast Pizza Juice, Milk Lunch Carnival Chili w/ Cheese Steamed Carrots, Pear Halves Crackers, Milk Snack Mozzarella String Cheese Orange Wedges	Breakfast Sausage Biscuit Juice, Milk Lunch Juggling Fish Nuggets Mac & Cheese, Green Beans Banana Half Milk Snack Mickey Gold Fish Milk	Breakfast Cereal Juice, Milk Lunch Big Top Hamburger Crinkle Cut Fries Orange Wedges Milk Snack Animal Crackers Fruit Cup (Pear)

Monday, October 19	Tuesday, October 20	Weds., October 21	Thursday, October 22	Friday, October 23
Breakfast Waffle Juice, Milk Lunch Red Beans Steamed Rice Mustard Greens, Peaches Milk Snack Blueberry Muffin Milk	Breakfast French Toast Sticks Juice, Milk Lunch Soft Taco w/Cheese Refried Beans Apple Wedges Milk Snack Yogurt Tiger Bites Graham Cracker	Breakfast Breakfast Pizza Juice, Milk Lunch Chicken Alfredo Broccoli Florets Banana Half Milk Snack Cheddar Cheese Cubes Orange Wedges	Breakfast Sausage Biscuit Juice, Milk Lunch Grilled Cheese Sandwich Potato Tots Pineapple Tidbits Milk Early Dismissal No Snack	Breakfast Grits Juice, Milk Lunch Breaded Chicken Sliders Tater Tots Orange Wedges Milk Early Dismissal No Snack

Monday, October 26	Tuesday, October 27	Weds., October 28	Thursday, October 29	Friday, October 30
Breakfast Pancakes Juice, Milk Lunch Jambalaya Broccoli Florets Pineapple Tidbits Milk Snack Chex Strawberry Cereal Bag Milk	Breakfast French Toast Sticks Juice, Milk Lunch Chicken Nuggets Mashed Potatoes Baked Apple Slices Milk Snack Yogurt Cinnamon Goldfish Cracker	Breakfast Breakfast Pizza Juice, Milk Lunch Grilled Cheese Sandwich Vegetable Soup Banana Half Milk Snack Mozzarella String Cheese Orange Wedges	Breakfast Sausage Biscuit Juice, Milk Lunch Turkey Stew w/Rice Candied Yams Strawberry Cup Milk Snack Mickey Gold Fish Milk	Breakfast Cereal Juice, Milk Lunch Cheese Pizza Garden Salad Orange Wedges Milk Snack Animal Crackers Fruit Cup (Pear)



National School Lunch Week (NSLW) celebrates the school nutrition professionals who serve nutritious, delicious meals that help millions of students learn, grow, and thrive.

It's a time for schools, families, and communities to recognize the important role school meals play in supporting student health, well-being, and academic success.

Every school day, more than 95,000 schools and institutions serve lunch to over 30 million students nationwide.

