

OCTOBER 2026

Prairie-Hills School District #144

Grab ~ Go!!



Monday

Tuesday

Wednesday

Thursday

Friday

5
Cereal Bowl
Cheese Stick
Cupped Fruit
Milk Choice

6
Banana Bread Loaf
Cupped Fruit
Milk Choice

7
Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

1
Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

2
Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

12
No School

13
Banana Bread Loaf
Cupped Fruit
Milk Choice

14
Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

15
Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

16
Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

19
Cereal Bowl
Cheese Stick
Cupped Fruit
Milk Choice

20
Banana Bread Loaf
Cupped Fruit
Milk Choice

21
Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

22
Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

23
Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

26
Cereal Bowl
Cheese Stick
Cupped Fruit
Milk Choice

27
Banana Bread Loaf
Cupped Fruit
Milk Choice

28
Cereal Bar
Fruit Snack
Cupped Fruit
Milk Choice

29
Fruit Muffin
Yogurt Cup
Cupped Fruit
Milk Choice

30
Pop Tarts
Cheese Sticks
Cupped Fruit
Milk Choice

Milk Choices are Whole White, 1% low-fat White and 1% low-fat Chocolate
Menu items are subject to change due to the availability of food items from vendors.