

October 2025 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Daily Chefs Specials BREAKFAST Cinnamon Oatmeal w/ Berries MORNING SNACK Cinnamon Bread LUNCH Hamburger ✓ Veggie Burger Garden Salad w/ Ranch Banana AFTERNOON SNACK Cinnamon Oat Loaf Apple Slices	2 Daily Chefs Specials BREAKFAST Greek Yogurt Parfait MORNING SNACK French Toast Half LUNCH Turkey Taco ✓ Vegan Taco Mixed Vegetables Yellow Rice Fresh Melon AFTERNOON SNACK Grilled Pita Bread Pineapple Slices	3 Daily Chefs Specials BREAKFAST Waffles w/ Apples MORNING SNACK Cheerios w/ Milk LUNCH Chicken Patty ✓ Vegan Patty Mashed Potatoes Broccoli Orange Slices AFTERNOON SNACK ½ Turkey Sandwich Peach Slices
6 Daily Chefs Specials BREAKFAST Apple Biscuit MORNING SNACK Blueberry Muffin LUNCH Harvest Mac & Cheese ✓ Pasta Marinara Green Beans Soft Roll Orange Wedges AFTERNOON SNACK Graham Cracker Applesauce	7 Daily Chefs Specials BREAKFAST Blueberry Waffle w/ Syrup MORNING SNACK Pineapple Muffin LUNCH Meatball Sub ✓ Veggie Meatball Sub Steamed Carrots Watermelon AFTERNOON SNACK Sliced Banana Mini Muffin	8 Daily Chefs Specials BREAKFAST Blueberry Muffin MORNING SNACK Strawberries & Yogurt LUNCH Pancake w/ Syrup ✓ Vegan Sausage Sausage Breakfast Potatoes Banana AFTERNOON SNACK Wheat Crackers Baked Apple Slices	9 Daily Chefs Specials BREAKFAST Biscuit w/ Grape Jelly MORNING SNACK English Muffin LUNCH Chicken, Broccoli, & Rice Bake (No Cheese) ✓ Veggie and Rice Bake Mixed Vegetables Fresh Melon AFTERNOON SNACK Gogurt Pineapple	10 Daily Chefs Specials BREAKFAST Egg Croissant Apple Slices MORNING SNACK Cheerios w/ Milk LUNCH Turkey Tacos ✓ Vegan tacos Broccoli Orange Slices AFTERNOON SNACK Ritz Crackers Applesauce
13 Daily Chefs Specials BREAKFAST Banana Waffles MORNING SNACK Peach Muffin LUNCH Chicken Nuggets w/ Ketchup ✓ Vegan Nuggets Green Beans Potato Wedges Orange Slices AFTERNOON SNACK Goldfish Applesauce	14 Daily Chefs Specials BREAKFAST French Toast W/ Berries MORNING SNACK Pineapple Parfait LUNCH Penne Alfredo w/ Peas ✓ Ziti Marinara Steamed Carrots Soft Roll Watermelon AFTERNOON SNACK Apple Muffin Sliced Banana	15 Daily Chefs Specials BREAKFAST Brown Sugar Oatmeal W/ Berries MORNING SNACK Blueberry Muffin LUNCH Turkey Sub (No Cheese) ✓ Vegan Patty Garden Salad w/ Ranch Banana AFTERNOON SNACK Animal Crackers Tropical Fruit	16 Daily Chefs Specials BREAKFAST Apple Pancakes MORNING SNACK Banana Bread Loaf LUNCH Teriyaki Noodles w/ Chicken ✓ Veggie Noodle Casserole Broccoli Fresh Fruit AFTERNOON SNACK ½ Turkey Sandwich Sliced Melon	17 Daily Chefs Specials BREAKFAST Sausage Croissant Apple Slices MORNING SNACK Cheerios / Milk LUNCH BBQ Meatballs ✓ Vegan BBQ Meatballs Mixed Vegetables Mashed Potatoes Orange Slices AFTERNOON SNACK Wheat Crackers Applesauce
20 Daily Chefs Specials BREAKFAST Fried Egg w/ Toast Sliced Peaches MORNING SNACK Apple Cinnamon Muffin LUNCH Breaded Chicken Sandwich ✓ Vegan Patty Green Beans Orange Slices AFTERNOON SNACK Goldfish Applesauce	21 Daily Chefs Specials BREAKFAST Banana French Toast MORNING SNACK Apple Slices w/ Yogurt LUNCH Harvest Mac & Cheese ✓ Ziti Marinara Garden Salad w/ Ranch Soft Roll Watermelon AFTERNOON SNACK Graham Crackers Peaches	22 Daily Chefs Specials BREAKFAST Brown Sugar Oatmeal w/ Berries MORNING SNACK Apple Biscuit LUNCH Chicken & Broccoli Stir-Fry ✓ Veggie Stir-Fry Brown Rice Sliced Carrots Banana AFTERNOON SNACK ½ Turkey Sandwich Sliced Fresh Fruit	23 Daily Chefs Specials BREAKFAST Blueberry Pancake w/ Syrup MORNING SNACK Cinnamon Loaf LUNCH Beef Nachos ✓ Bean Nachos Mixed Vegetables Orange Slices AFTERNOON SNACK Banana Bread Bar Cantaloupe	24 Daily Chefs Specials BREAKFAST Strawberry Waffles MORNING SNACK Cheerios / Milk LUNCH Fish Sticks ✓ Vegan Nuggets Corn w/ Peppers Mashed Potatoes Fresh Fruit AFTERNOON SNACK Blueberry Loaf Applesauce
27 Daily Chefs Specials BREAKFAST French Toast Casserole w/ Berries MORNING SNACK Cinnamon Bread LUNCH Three Cheese Quesadilla ✓ Vegan Quesadilla Seasoned Rice Fresh Melon Corn w/ Peppers AFTERNOON SNACK Graham Cracker Apple Slices	28 Daily Chefs Specials BREAKFAST Egg & Bacon Wrap Sliced Peaches MORNING SNACK Apple Cinnamon Muffin LUNCH Chicken Lo Mein ✓ Veggie Lo Mein Broccoli Orange Slices AFTERNOON SNACK Greek Yogurt w Peaches	29 Daily Chefs Specials BREAKFAST Brown Sugar Oatmeal W/ Berries MORNING SNACK Blueberry Muffin LUNCH Turkey Sub (No Cheese) ✓ Vegan Patty Garden Salad w/ Ranch Banana AFTERNOON SNACK Animal Crackers Tropical Fruit	30 Daily Chefs Specials BREAKFAST Drop Biscuits W/ Peaches MORNING SNACK Cinnamon Bread LUNCH Hamburger Veggie Burger Garden Salad w/ Ranch Banana AFTERNOON SNACK Cinnamon Oat Loaf Apple Slices	31 Daily Chefs Specials BREAKFAST Greek Yogurt Parfait MORNING SNACK French Toast Half LUNCH Turkey Taco ✓ Vegan Tacos Mixed Vegetables Seasoned Rice Fresh Melon AFTERNOON SNACK Grilled Pita Bread Pineapple Slices