

OCTOBER MENU 2026

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
September 27	September 28	September 29	September 30	October 1	October 2	October 3
Oatmeal Sausage Veggie & Egg Casserole Fruit Danish Orange Juice Milk	Cream of Rice Scrambled Eggs Sourdough Toast Orange Juice Milk	Oatmeal Pancakes Bacon Fresh Grapes Orange Juice Milk	Grits Soft Fried Eggs Hashbrowns Lemon Poppy Seed Muffins Orange Juice Milk	Cream of Wheat French Toast Sausage Patties Orange Juice Milk	Maple Oat Bran Corned Beef Hash Wheat Toast Banana Orange Juice Milk	Oatmeal Egg/Cheese on English Muffin Tropical Fruit Salad Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

**A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes**

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate.

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Chopped Sirloin Mushrooms/Onions Baked Potato/ SC Roasted Squash/Zucchini Blueberry Pie Milk	Lemon Pepper Chicken Wings Tossed Salad Cinnamon Applesauce Biscuit/Butter Milk	Grilled Chicken/Roll Lettuce Leaf Tomato Slice Onion Rings Diced Pears Milk	Pastrami & Swiss on Rye Bread Mustard Potato Salad Mandarin Oranges Milk	BBQ Pulled Pork/Bun Scalloped Potatoes Diced Carrots Snickerdoodle Cookie Milk	Meatloaf Yukon Mashed Potatoes Buttered Peas Cherry Turnover Biscuit/Butter Milk	Pork Carnitas Quesadilla Cowboy Caviar Tortilla Chips Sour Cream Fruit Cocktail Milk
Bratwurst/Bun Home Fries Broccoli Salad Ice Cream Milk	Sloppy Joe/Bun Tator Tots Coleslaw Diced Peaches Milk	Pepperoni/Bacon or Cheese Pizza Tossed Salad Apple Crisp Milk	Chili Cheese Dog/Bun Potato Chips Macaroni Salad Fresh Pineapple Milk	Chicken Caesar Salad Broccoli Cheddar Soup Dinner Roll/Butter Watermelon Slice Milk	Popcorn Fish Tator Tots Coleslaw Lemon Cake Tartar Sauce Milk	Chicken & Sausage Gumbo White Rice Green Beans Hush Puppies Strawberry Shortcake Milk

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Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

**#1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)
#4. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce #7. Sloppy Joe/Bun
#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream**

A. Scrambled Eggs	B. Hard Boiled Eggs	C. Over Easy Eggs	D. Over Medium Eggs	E. Hard Fried Eggs	F. Oatmeal
G. Cottage Cheese	H. Fruit Apple/Orange/Banana/Canned		I. White Toast	J. Wheat Toast	K. Pancakes
L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats.					
Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato			Milk: Whole, 2%, Skim, Chocolate.		

Fried Chicken Candied Sweet Potatoes Steamed Cauliflower Berry Crisp Dinner Roll/Butter Milk	Dry Rub Ribs Macaroni/Cheese Buttered Corn Diced Pears Milk	Beef Soft Shell Taco Lettuce/Tomato Shredded Cheese Refried Beans Spanish Rice Spice Cake Sour Cream & Taco Sauce Milk	Chicken Cordon Bleu Yukon Mashed Potatoes Buttered Peas Banana Pudding Dinner Roll/Butter Milk	Ham & Swiss Sub Shredded Lettuce/Tomato Potato Salad Fudge Brownie Milk	Turkey Club Sandwich BBQ Chips Creamy Cucumber Salad Peach Crisp Milk	Beef Tamale Pie Mexican Street Corn Charro Beans Fresh Pineapple Chunks Milk
Italian Sausage/Bun w/Pepper & Onions Fire Roasted Penne Salad Fresh Fruit Salad Milk	Breaded Fish/Bun Coleslaw Mixed Melon Tartar Sauce Milk	Mongolian Beef Lo Mein Noodles Steamed Broccoli Mandarin Oranges Milk	Crispy Chicken /Bun Leaf Lettuce Tomato Slice Rotini Pasta Salad Diced Peaches Milk	Ocean Perch French Fries Caesar Salad Fresh Grapes Tartar Sauce Lemon Wedge Milk	Baked Garlic Lemon Salmon Rice Pilaf Asparagus Orange Wedges Milk	Chicken Salad/Bun Potato Chips Tossed Salad Chocolate Pudding Milk

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#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread)
#10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream

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October 11	October 12	October 13	October 14	October 15	October 16	October 17
Oatmeal Sausage/Cheese English Muffin Grapes Orange Juice Milk	Cream of Rice Cheese Omelet Coffee Cake Mixed Melon Orange Juice Milk	Oatmeal Sausage Links Hashbrowns Orange Juice Milk	Cream of Wheat Soft Fried Eggs Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Bacon Orange Wedges Orange Juice Milk	Grits Scrambled Eggs White Toast Orange Juice Milk	Oatmeal Waffles Sausage Patty Banana Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

**A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes**

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate.

Beef Pot Roast Brown Gravy Mashed Potatoes Buttered Corn Peanut Butter Pie Milk	Tuscan Herb Chicken Leg Quarter Wild Rice Creamed Spinach Cheesecake Dinner Roll/Butter Milk	Wet Burrito Fiesta Rice Refried Beans Lettuce/Tomato Lemon Cookie Sour Cream Milk	Ham & Sausage or Cheese Pizza Caesar Salad Minestrone Raspberry Sherbet Milk	Hamburger/Bun Lettuce Leaf Sliced Tomato French Fries Fruit Cocktail Dill Pickle Chips Milk	Beer Batted Cod Coleslaw Sweet Potato Puffs Banana Cake with Cream Cheese Frosting Tartar Sauce Milk	Chili Dog/Bun Potato Salad Fresh Plum Diced Onions Milk
Grilled Cheese Tomato Soup Caramel Applesauce Milk	Goulash Mixed Vegetables Citrus Salad Bread/Butter Milk	Kielbasa/Bun Broccoli Cheddar Soup Diced Pears Milk	Meatballs in Gravy Mashed Potatoes Green Beans Diced Peaches Milk	BBQ Chicken Wings Potato Wedges Corn on the Cob Sugar Cookie Milk	Cheese Ravioli in Marinara Broccoli Mandarin Oranges Garlic Bread Milk	Chicken and Dumplings Steamed Baby Carrots Strawberry Shortcake Milk

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

**#1. Beef Hamburger/Bun #2. Beef Hotdog/Bun #3. Grilled Cheese (American/Swiss Cheese, White/Wheat Bread)
#4. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce #7. Sloppy Joe/Bun
#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 18	October 19	October 20	October 21	October 22	October 23	October 24
Oatmeal Biscuit w/Sausage Gravy Strawberries Orange Juice Milk	Cream of Rice Scrambled Eggs Bacon Wheat Toast Mixed Melons Orange Juice Milk	Oatmeal French Toast Sausage Links Cinnamon Applesauce Orange Juice Milk	Grits Ham/Cheese Quiche Wheat Toast Grapes Orange Juice Milk	Cream of Wheat Roast Beef Hash Wheat Toast Orange Juice Milk	Maple Oat Bran Pancakes Sausage Patties Orange Juice Milk	Oatmeal Cheddar Omelet Wheat Toast Fresh Banana Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):

A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes

L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon Toast Crunch, L9. Frosted Mini Wheats. **Juice:** Orange, Apple, Grape, Cranberry, Prune, Tomato **Milk:** Whole, 2%, Skim, Chocolate.

Beef Stroganoff Buttered Noodles Buttered Corn Peach Pie Milk	Sauteed Chicken Yukon Mashed Potatoes/Gravy Green Beans Oatmeal Raisin Cookie Cheddar Biscuit Milk	Cheeseburger/Bun w/Bacon, Lettuce, Tomato Slice Jalapeño Cheese Soup Diced Peaches Milk	Chicken Parmesan w/ Spaghetti and Marinara Sauce Steamed Cauliflower Peanut Butter Cookie Milk	Pork Chop Home Fries Broccoli Red Velvet Roll Dinner Roll/Butter Milk	Popcorn Fish French Fries Coleslaw Warm Cinnamon Apples Biscuit/Butter Tartar Sauce Milk	Chicken Strips Potato Salad Scalloped Corn Chocolate Chip Cookie BBQ Sauce Milk
Shaved Deli Turkey w/Cheese on Roll Cauliflower Soup Tossed Salad Pineapple Tidbits Milk	Lemon Pepper Cod Rice Pilaf Roasted Zucchini Butterscotch Pudding Tartar Sauce Milk	Beer Brat/Bun Tator Tots Tossed Salad Diced Pears Milk	Grilled Corned Beef and Swiss on Rye Sauerkraut Soup Coleslaw Mandarin Oranges Milk	Chicken Caesar Dinner Salad Potato Cheese Soup Garlic Breadstick Fruit Cocktail Milk	Smothered Steak Smashed Redskins Buttered Peas Chocolate Cake Bread/Butter Milk	Sliced Deli Ham on Wheat Bread Lentil Soup Fresh Pineapple Milk

Lunch and Dinner Alternates (please note that if orders are not made in advance, it may take up to 15 minutes to prepare these items)

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#4. Macaroni & Cheese #5. Spaghetti w/Marinara #6. Spaghetti w/Meat sauce #7. Sloppy Joe/Bun
#8. Chef Salad or Side Salad (Ranch, French, Thousand Island, Italian Dressing) #9. Ham or Turkey/Cheese Sandwich (American/Swiss Cheese, White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
#12. Mashed Potatoes (with Gravy/Butter) #13. Seasonal Fruit #14. Ice Cream

SUNDAY	Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 25	October 26	October 27	October 28	October 29	October 30	October 31
Oatmeal Sausage Patties Raisin Toast Orange Juice Milk	Cream of Rice French Toast Sausage Links Fresh Strawberries Orange Juice Milk	Oatmeal Scrambled Eggs Hashbrowns Blueberry Muffin Orange Juice Milk	Grits Soft Fried Eggs Sourdough Toast Orange Juice Milk	Cream of Wheat Pancakes Bacon Banana Orange Juice Milk	Maple Oat Bran Cheddar Omelet Banana Bread Orange Juice Milk	Oatmeal Biscuit w/Sausage Gravy Banana Orange Juice Milk

Breakfast Alternates (please note that if orders are not made in advance, it may take up to 15-20 minutes to prepare these items):
A. Scrambled Eggs B. Hard Boiled Eggs C. Over Easy Eggs D. Over Medium Eggs E. Hard Fried Eggs F. Oatmeal
G. Cottage Cheese H. Fruit Apple/Orange/Banana/Canned I. White Toast J. Wheat Toast K. Pancakes
L. Cold Cereal: L1. Cheerios, L2. Rice Krispies, L3. Raisin Bran, L4. Bran Flakes, L5. Corn Flakes, L6. Frosted Flakes, L7. Froot Loops, L8. Cinnamon
Toast Crunch, L9. Frosted Mini Wheats. Juice: Orange, Apple, Grape, Cranberry, Prune, Tomato Milk: Whole, 2%, Skim, Chocolate.

Beef Pot Roast Baby Potatoes Baby Carrots Brown Gravy Custard Pie Dinner Roll/Butter Milk	Swedish Meatballs Buttered Noodles Green Beans Pumpkin Bar Dinner Roll/Butter Milk	BLT Sandwich Chicken Noodle Soup Potato Salad Chilled Peaches Milk	BBQ Chicken Leg Quarter Potatoes/Gravy Buttered Corn Caramel Applesauce Biscuit/Butter Milk	Sliced Pork Loin with Gravy Stuffing Steamed Broccoli Cantaloupe Milk	Cheeseburger/Bun Lettuce Leaf Sliced Tomato French Fries Coleslaw Fruit Cocktail Pickle/Diced Onion Milk	Beer Battered Cod Roasted Potatoes Brussel Sprouts Vanilla Pudding Tartar Sauce Milk
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Egg Salad Croissant Potato Soup Pea Salad Fruit Cocktail Milk	Fried Shrimp Steak Fries Coleslaw Mandarin Oranges Cheddar Biscuit Cocktail Sauce Milk	Stuffed Peppers Steamed Cauliflower Garlic Bread Pineapple Upside Down Cake Milk	Tuna Noodle Casserole Glazed Carrots Dreamsicle Salad Milk	Deli Roast Beef & Swiss on Wheat Bread Vegetable Soup Fresh Grapes Pickle Spear Milk	Chicken Pot Pie Tossed Salad Fresh Pineapple Dinner Roll/Butter Milk	Lasagna Steamed Cauliflower Garlic Bread Diced Pears Milk
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White/Wheat Bread) #10. Peanut Butter & Jelly Sandwich (White/Wheat Bread) #11. Chicken Noodle or Creamy Tomato Soup (Crackers)
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WEEKLY MENU

****Make Alternate Selections on the Reverse side****