

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

October 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bread & Milk Served Daily	WW = Whole Wheat		1 Creamy red lentil soup Meatloaf w/ gravy Mashed potatoes Honey glazed carrots Tropical Fruit	2 Navy bean soup Chicken Cacciatore Italian vegetables Cauliflower rice Sliced pears
5 Chicken soup Shepards pie Mashed potatoes Sliced Pears	6 Creamy vegetable soup Mediterranean chicken Sautéed Greek vegetables Lemon potatoes Tropical fruit	7 Mushroom barley soup Italian pork chop w/ peppers & Green & Yellow squash Brown rice pilaf Sliced cantaloupe	8 Cream of broccoli soup Beef Bourguignon (stewed beef) Cauliflower mashed potatoes Green beans Watermelon	9 Lentil soup Creamy Tuscan chicken Brussels sprouts Roasted sweet potatoes Sliced pears
12 Closed for Columbus/Indigenous Peoples' Day	13 Corn chowder Sausage & pepper sandwich 3 bean salad Cauliflower “potato” salad Tropical Fruit	14 Vegetable soup Marry me chicken Mashed potatoes Roasted green vegetables Sliced pears	15 Tomato spinach & basil soup Salisbury steak w/ gravy Italian style zucchini Sweet potatoes	16 Chicken soup Fish tacos Rice pilaf Cole slaw Watermelon
19 Tuscan vegetable soup Sloppy joe Sweet potatoes Prince Edward vegetables Tropical fruit	20 Vegetable barley soup Lemon chicken w/artichokes Broccoli cauliflower mix Rice pilaf Sliced peaches	21 Chicken escarole soup Pork chops Bok choy Baby carrots Sliced Pears	22 Minestrone soup Pot roast w/ gravy Mashed potatoes Buttered corn Watermelon	23 Cabbage soup Pub burger w/ cheese Greek cucumber salad Chips Fresh fruit
26 Wild rice soup Roasted chicken w/ gravy Roasted potato Italian green beans Fresh fruit	27 Navy bean soup Meatball sandwich Carrot sticks w/ green beans Fruit Cocktail	28 Split pea soup Baked pasta w/ mini meatballs & sausage Roasted vegetables Fruit cocktail	29 Kale & sausage soup Pork tenderloin w/ honey garlic Rice pilaf Mashed cauliflower Sliced Pears	30 Chicken noodle soup Moroccan chicken Roasted broccoli w/ cheese Sweet potato Fruit cocktail