

BREAKFAST K-5

OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 Yogurt Graham Crackers Fresh Apple Pineapple Cup	2 Apple Cinnamon Cheerios Graham Crackers Fresh Pear 100% Very Berry Juice
5 Multi-Grain Cheerios Graham Crackers Raisins Applesauce	6 Yogurt Graham Crackers Fresh Apple Pineapple Cup	7 Cocoa Cherry Bar Fresh Pear 100% Very Berry Juice	8 WG Plain Bagel Cream Cheese Fresh Apple 100% Orange-Tangerine Juice	9 WG Frosted Corn Flakes Graham Crackers Peach Cup 100% Grape Juice
12 <i>NO MEAL SCHEDULED</i>	13 Honey Cheerios Graham Crackers Fresh Apple 100% Orange-Tangerine Juice	14 Cinnamon Raisin Bagel w/ Butter Diced Peaches 100% Grape Juice	15 Yogurt Graham Crackers Fresh Apple Pineapple Cup	16 WG Chocolate Chip Muffin Fresh Pear 100% Very Berry Juice
19 Multi-Grain Cheerios Graham Crackers Raisins Applesauce	20 Yogurt Graham Crackers Fresh Apple Pineapple Cup	21 Cocoa Cherry Bar Fresh Pear 100% Very Berry Juice	22 WG Plain Bagel Cream Cheese Fresh Apple 100% Orange-Tangerine Juice	23 Reduced Sugar Trix Graham Crackers Peach Cup 100% Grape Juice
26 Cinnamon Raisin Bagel w/ Butter Diced Peaches 100% Grape Juice	27 Cinnamon Toast Crunch Graham Crackers Fresh Apple 100% Orange-Tangerine Juice	28 Apple Muffin Raisins 100% Grape Juice	29 Yogurt Graham Crackers Fresh Apple Pineapple Cup	30 <i>NO MEAL SCHEDULED</i>

DID YOU KNOW...

All grain products are whole grain rich.

There are no pork products on this menu.

Meats are lean and cheeses are low-fat.

Menu items contain zero trans fats, no artificial colors or sweeteners, and no high-fructose corn syrup.

Milk Choices

1% Milk and Skim Milk offered daily.

Please Note

Menu is subject to change.

For dietary accommodations, please contact your school.

WHITSONS

Culinary Group

LUNCH K-5

OCTOBER 2026

MON	TUE	WED	THU	FRI
			1 Salisbury Steak w/ Gravy Roasted Potatoes Fresh Banana WG Bun OR Protein Pasta Alfredo Steamed Green Peas Fresh Banana WG Dinner Roll	2 Cheese Pizza Fresh Apple Fresh Baby Carrots Ranch Dressing OR Chicken Salad on Ciabatta Bun Fresh Apple Fresh Baby Carrots Mayonnaise & Ranch
5 Baked Beans Cheeseburger Calzone Fresh Apple Ketchup OR Veggie Burger on WW Bun Baked Beans Fresh Apple Mayonnaise	6 Cheesy Crispy Chicken Biscuit Sandwich Diced Peaches Ketchup Roasted Sweet Potatoes OR Stir-Fried Brown Rice w/ Eggs & Vegetables Diced Peaches	7 Meatballs w/ BBQ Sauce Cheese & Broccoli Fresh Apple WG Club Roll OR Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Apple	8 French Toast w/ Scrambled Eggs Fresh Banana Roasted Potatoes Syrup OR Beef Patty on WW Bun Fresh Banana Ketchup Roasted Potatoes	9 Italian Cheesy Pull-Aparts Fresh Apple Fresh Baby Carrots Ranch Dressing OR Turkey & Cheese Sandwich Fresh Apple Fresh Baby Carrots Mayonnaise & Ranch
12 NO MEAL SCHEDULED	13 Chicken Enchilada Empanada 100% Sun Splash Vegetable Juice Fava Bean Crisps Churro Raisins OR Spanish Rice w/ Cheese & Beans Raisins	14 Mini Corn Dogs & Smiley Fries Fresh Apple Ketchup OR Toasted Cheese Sandwich Fresh Apple Ketchup Tater Tots	15 Meatballs w/ Tomato Sauce Spaghetti & Broccoli Fresh Banana OR Cobb Salad Fresh Banana Ranch Dressing WG Corn Muffin	16 Cheese Pizza Fresh Apple Fresh Baby Carrots Ranch Dressing OR Turkey Ham & Cheese Sandwich Fresh Apple Fresh Baby Carrots Mayonnaise & Ranch
19 BBQ Chicken w/ Brown Rice Pilaf Baked Beans Fresh Apple OR Veggie Burger on WW Bun Baked Beans Fresh Apple Mayonnaise	20 Breaded Chicken Tenders Roasted Potatoes BBQ Sauce Diced Peaches OR Egg & Cheese English Muffin Sandwich Diced Peaches Ketchup Roasted Potatoes	21 Macaroni & Cheese Steamed Broccoli Fresh Apple OR Chicken Garden Salad WG Corn Muffin Fresh Apple Ranch Dressing	22 Turkey Hot Dog on WW Bun Fresh Banana Ketchup Roasted Sweet Potatoes OR Cheese Ravioli w/ Tomato Sauce Steamed Green Beans Fresh Banana	23 Cheese Pizza Fresh Apple Fresh Baby Carrots Ranch Dressing OR Turkey & Cheese Sandwich Fresh Apple Fresh Baby Carrots Mayonnaise & Ranch
26 General Tso's Chicken w/ Brown Rice Steamed Broccoli Fresh Apple OR Pasta w/ Tomato Sauce & Cheese Broccoli Fresh Apple	27 Stuffed Bread Sticks 100% Sun Splash Vegetable Juice Fresh Pear Marinara Sauce OR Teriyaki Chicken w/ Brown Rice Steamed Carrots Fresh Pear	28 Chicken Nuggets & Baked Beans BBQ Sauce Fresh Apple OR Falafel Bites w/ Quinoa Pilaf Black Beans & Tomatoes Fresh Apple	29 Salisbury Steak w/ Gravy Roasted Potatoes Fresh Banana WG Bun OR Protein Pasta Alfredo Steamed Green Peas Fresh Banana WG Dinner Roll	30 NO MEAL SCHEDULED

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