Fall Menu 2026

September / October / November

food2you

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	9/7, 10/5, 11/3, 11/30	9/8, 10/6, 11/4	9/9, 10/7, 11/5	9/10, 10/8, 11/6	9/11, 10/9, 11/7
Breakfast	• Toasted Oats, Oranges, Org. Milk	• WG Pancakes* W/ Applesauce, Pineapple, Org. Milk	• Hash Browns, Turkey Sausage (V) Fresh Eggs, Apples, Org. Milk	• Mini Bagels, Cream Cheese, Clementines, Org. Milk	• Apple Spice Muffins, Honeydew, Org. Milk
Lunch	• Chx. Sliders, WG Rolls, (V) Veg. Burger, Tomato Ketchup, Green & Yellow Beans, Apples	• Chx. Fajitas, WG Tortillas* (V) Tofu Fajitas, Peas & Carrots, Bananas	• Southwest Chx. Brown Rice Bowl*, (V) Org Tofu, Broccoli & Cauliflower, Cantaloupe	• Pesto Cheese Tortellini, 4 Veggie Blend, Watermelon	• WG Garlic Bread Pizza*, Green Beans, Diced Carrots, Fruit Salad
Snack	• Mini Pretzel Twists, Cheddar Cheese, Water	• Brown Rice Cakes, String Cheese, Water	• Vanilla Yogurt, Fresh Peaches, Water	• Ritz Crackers, Fresh Bananas, Water	• Cinnamon Bread, Fresh Apples, Water
Week 2	9/14, 10/12, 11/9	9/15, 10/13, 11/10	9/16, 10/14, 11/11	9/17, 10/15, 11/12	9/18, 10/16, 11/13
Breakfast	• Corn Chex, Oranges, Org. Milk	• WG English Muffins*, Turkey Sausage, (V) Fresh Eggs, Pineapple, Org. Milk	• WG French Toast Sticks,* Maple Syrup, Apples, Org. Milk	• Homemade Granola, Vanilla Yogurt, Oranges, Org. Milk	• Blueberry Muffins, Cantaloupe, Org. Milk
Lunch	• WG Mac & Cheese,* Broccoli & Cauliflower, Apples	• WG Chx Bites*, Tomato Ketchup, (V) Veggie Bites, Peas & Carrots, Bananas	• Herb Chx. & WG Rotini Pasta*, . (V) Herb Tofu Pasta, Green & Yellow Beans, Honeydew	• Sweet Apple Chicken, WG Tortillas*, (V) Sweet Apple Tofu, 4 Veggie Blend, Watermelon	• Chx. Meatballs In Brown Sauce, (V) Tofu In Brown Sauce, WG Rolls*, Green Beans & Carrots, Fruit Salad
Snack	• Club Crackers, String Cheese, Water	• Mini Croissants, Fresh Plums, Water	• Tomato Swirl Toast, Hard-Boiled Eggs, Water	• Whole Grain Pita, Fresh Bananas, Water	• WG Waffles*, Applesauce, Apples, Water
Week 3	9/21, 10/19, 11/16	9/22, 10/20, 11/17	9/23, 10/21, 11/18	9/24, 10/22, 11/19	9/25, 10/23, 11/20
Breakfast	• Corn Flakes, Oranges, Org. Milk	• WG* Pancakes, Maple Syrup, Pineapple, Org. Milk	• Toasted Oats, Strawberry Yogurt, Apples, Org. Milk	• Hash Browns, Turkey Sausage, (V) Fresh Eggs, Pineapple, Org. Milk	• Orange Blossom Muffins, Honeydew, Org. Milk
Lunch	• Chx. Fajitas, WG Tortillas* (V) Tofu Fajitas, Green & Yellow Beans, Apples	• WG Rotini*, Roasted Tomato Sauce, Turkey Sausage, (V) Tomato Tofu, Peas & Carrots, Bananas	• Chx & Turkey Cacciatore, WG Tortillas*, (V) Tofu Cacciatore, Broccoli & Cauliflower, Cantaloupe	• Three Cheese Ravioli In Marinara Sauce, (V) 4 Veggie Blend, Watermelon	• Chx. Sliders, WG Rolls*, Tomato Ketchup, (V) Veggie Burger, Green Beans, Diced Carrots, Fruit Salad
Snack	• Ritz Crackers, Cheddar Cheese, Water	• Cornbread, Fresh Peaches, Water	• Graham Squares, Fresh Oranges, Water	• Brown Rice Cakes, Bananas, Water	• Cinnamon Bread, Fresh Apples, Water
Week 4	9/28, 10/26, 11/23	9/1, 9/29, 10/27, 11/24	9/2, 9/30, 10/28, 11/25	9/3, 10/1, 10/29, 11/26	9/4, 10/2, 10/30, 11/27
Breakfast	• Rice Krispies, Oranges, Org. Milk	• WG Biscuits*, Turkey Sausage, (V) Fresh Eggs, Pineapple, Org. Milk	• Mini Bagels, Cream Cheese, Apples, Org. Milk	• WG Waffles*, Maple Syrup, Oranges, Org. Milk	• Blueberry Muffins, Cantaloupe, Org. Milk
Lunch	• Turkey Burger W/ Cheese, (V) Veggie Burger, Fresh Buns & Ketchup, Broccoli & Cauliflower, Apples	• Herb Chx. & WG Rotini Pasta*, (V) Herbed Tofu, Peas & Carrots, Bananas	• Turkey & Black Beans W/ Roasted Potatoes, WG Rolls*, (V) Veggie Crumbles, Green & Yellow Beans, Honeydew	• Sweet Apple Chicken, WG Tortillas*, (V) Sweet Apple Tofu, 4 Veggie Blend, Watermelon	• Oil Herb Chx & Quinoa Bowl, (V) Herb Chickpea Bowl, Green Beans & Carrots, Fresh Fruit Salad
Snack	• Animal Crackers, String Cheese, Water	• Mini Croissants, Fresh Plums, Water	• WG English Muffins*, Cheddar Cheese Cubes, Water	• Strawberry Yogurt, Fresh Bananas, Water	• Tomato Swirl Toast, Fresh Apples, Water

1-2 years old - whole milk, 2 years and older - 1% milk – Menu provided by Food2You. Water available to children at all times - (*) denotes item is Whole Grain (WG) v.1.0. This menu has been reviewed by Betsy Sejud, MHA, RD, LD – (*) denotes item is Whole Grain (WG)