

FROM the HEART – OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider. * Menu Subject to Change All Meals Provided by Feeding Their Future 		1 Lunch: <i>Penne Pasta</i> Ground Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: WG Goldfish, 100% Fruit Juice	2 Lunch: <i>Hawaiian Chicken</i> Chicken, Brown Rice Mixed Vegetables, Fruit, Milk Snack: Yogurt, Granola	3 Lunch: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Carrot Sticks, Milk Snack: Graham Crackers, 1% Milk
6 Lunch: <i>Taco Bowl</i> Ground Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Chex Mix, 100% Fruit Juice	7 Lunch: <i>Meatball Sub</i> Meatballs, WG Bun, Tater Tots, Cole Slaw, Milk Snack: Pretzels, Cheese	8 Lunch: <i>BBQ Chicken</i> Chicken, WG Roll, Mashed Potatoes, Corn, Milk Snack: Cheez Its, 100% Fruit Juice	9 Lunch: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Salad, Milk Snack: Animal Crackers, 1% Milk	10 Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Cucumber, Milk Snack: Ritz Crackers, Cheese
13 Breakfast: Rice Krispies, Fruit, Milk Lunch: <i>Burger</i> Slider, WG Bun, Fruit, Tater Tots, Milk Snack: Yogurt, Fruit	14 Breakfast: Yogurt, Fruit, Milk Lunch: <i>Baked Chicken</i> Chicken, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Graham Crackers, 1% Milk	15 Breakfast: Bagel, Fruit, Milk Lunch: <i>Taco</i> Ground Turkey, Refried Beans, WG Corn Tortilla, Fruit, Milk Snack: Club Crackers, Cheese	16 Breakfast: WG Cheerios, Fruit, Milk Lunch: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Fruit, Milk Snack: Cheez its, 100% Fruit Juice	17 Breakfast: French Toast, Fruit, Milk Lunch: <i>Chicken Salad</i> Chicken, Carrot Sticks, WG Pita Bread, Fruit, Milk Snack: Chex Mix, 100% Fruit Juice
20 Lunch: <i>Chili</i> Ground Turkey, Kidney Beans, Corn, WG Brown Rice, Milk Snack: WG Goldfish, 100% Fruit Juice	21 Lunch: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Fruit, Milk Snack: WG Animal Crackers, 1% Milk	22 Lunch: <i>Sloppy Joes</i> Ground Turkey, WG Bun, Tater Tots, Fruit, Milk Snack: Wheat Thins, Cheese	23 Lunch: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: Cheez Its, 100% Fruit Juice	24 Lunch: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Ritz Crackers, Cheese
27 Lunch: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Corn, Milk Snack: Pretzels, Cheese	28 Lunch: <i>Spaghetti</i> Ground Turkey, WG Spaghetti, Green Beans, Fruit, Milk Snack: Goldfish, 100% Fruit Juice	29 Lunch: <i>M.Y.O. Bean & Cheese Burrito</i> Refried Beans, Tortilla, Cucumber, Fruit, Milk Snack: Chex Mix, Fruit	30 Lunch: <i>Chicken Patty Sandwich</i> Breaded Chicken Patty, WG Bun, Carrot Sticks, Fruit, Milk Snack: Wheat Thins, 100% Fruit Juice	31 Lunch: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Cucumber, Milk Snack: Ritz Crackers, Cheese

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Breakfast (Ages 1-2): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼ cup hot cereal; fruit or vegetable- 1/4 cup; milk - ½ cup
1% plain milk (whole milk for children age 1)

(Ages 3-5): grain - ½ serving bread or muffin or ½ oz eq dry cereal or ¼cup hot cereal; fruit or vegetable- ½ cup; milk - ¾ cup 1% plain milk
Lunch: (Ages 1-2) meat/meat alternate - 1 oz; grain - ½ serving bread or ¼ cup cooked grain; vegetable - 1/8 cup; fruit or vegetable - 1/8 cup; milk- 1/2 cup
1% plain milk (whole milk for children age 1)

(Ages 3-5) meat/meat alternate - 1½oz; grain - ½ serving bread or ¼cup cooked grain; vegetable - ¼ cup; fruit or vegetable - ¼ cup; milk- ¾ cup 1% plain milk

Snack (two of the following): (Ages 1-2 and 3-5) meat/meat alternate – ½ oz, yogurt 2 oz; grain - ½ serving bread or ¼cup cooked grain; fruit or vegetable- ½cup; milk- ½cup
1% plain milk (whole milk for children age 1)

*(WG) = Whole Grain