



OCTOBER 2026 Menu

Vegetarian and vegan options are available for all meals • All meals come with fresh seasonal fruit or berries • Menu is subject to change depending upon vendor availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5	6	7	National Salmon Day 8	9
Blueberry Scone, chicken apple sausage	Apple Dipper Slices with Sun Butter & Agave Drizzle	Blueberry Muffin	Cheddar Cheese & Chive Egg Bites	Cranberry-Orange Chia Pudding Cup, dried fruits & pepitas
Banana-Mango Smoothie	Pumpkin Spice Danish, turkey bacon	Coconut-Agave Chia Pudding Cup, cranberry relish & pumpkin seeds	Apple Streudel Bite, chicken sausage link	Corn Flakes Cereal, fresh sliced banana
Butternut Squash, Kale & Mushroom Quesadillas, monterey jack cheese, cilantro rice	Spaghetti Bolognese with Ground Turkey, roasted broccoli florets	Green Chile Chicken Enchiladas, Black Bean-Corn Relish, Spanish Rice	Maple Grain Mustard Salmon Filet, roasted marble potatoes & fall root veggies	Creamy Chicken & Spinach Fricassee with Parmesan Cheese, Spaghetti Squash "Noodles"
Cranberry-Orange Mini Muffin with greek yogurt & coconut sugar	"Charcuterie Plate", turkey pepperoni, cheddar cubes, pickled veg & ritz crackers	Naan Bread cheese pizza, marinara sauce & fresh mozzarella	Spanakopita Bite, pitted dates	Spiced Whole Wheat Oatmeal Raisin Bar, cheddar cheese cubes
12	13	14	15	National Pasta Day 16
Mixed Berry Coconut Yogurt smoothie	Sunbutter & Berry Jam Sourdough Toast	Greek Yogurt Parfait with granola & fresh berries	Rice Krispies with Dried Blueberries	Coconut-Agave Sweet Grits, toasted coconut & mango
Mini Apple Cinnamon Muffin, chicken sausage link	Spinach & Mozzarella Egg Bites	Pumpkin Pie Spiced Overnight Oats Cup, coconut yogurt & dried fruit	Yogurt Parfait, apple-cinnamon compote, granola & berries	Apple Butter Sourdough Toast
Pollo Asado (Chicken Asado), citrus-cilantro rice & veggie medley	Chicken Paprikash, buttered pasta w/caramelized onions, green beans	Fall Harvest Turkey & Cheese Slider, sweet potato fries, cranberry relish	Lentil, Chickpea & Fall Veggie Stew, Garlic Jasmine Rice Pilaf, naan bread & yogurt	Creamy Chicken Sausage & Cheese Tortellini Alfredo Bake w/ winter squash & kale
Roasted Red Pepper Hummus, crackers & assorted veggie crudite	Chewy Spice Cookies with whole wheat flour & coconut sugar	Poppyseed Chicken Salad with celery & apples, ritz crackers	Chef Cindy's Surprise	Mini Turkey Corndogs with condiments, Southwest Black Bean Dip, corn tortilla chips
19	20	ational Pumpkin Cheesecake Day 21	22	23
Freshly Baked Vegan Croissant	Cheesy Egg Bites with Chives	Greek Yogurt Parfait with granola & fresh fruit	Pinto bean, potato & cheese breakfast burrito	Strawberry-Mango Smoothie
Maple Brown Sugar Oatmeal, dried fruits	Butternut Squash "Latte" Coconut Yogurt Parfait, granola & dried fruits	Pinto Bean, Potato & Cheese Burrito	Mixed Berry Smoothie with Agave & Coconut Yogurt	Buttermilk Mickey Waffles, maple syrup
BBQ Turkey Meatloaf, Yukon gold mashed potatoes & buttered peas n' carrots	Margarita Pulled Chicken Tacos, avocado-mango salsa, Coconut rice	Turkey Tetrazzini, peas, mushrooms & cheesy breadcrumb crust	Cowboy Stew w/Ground Turkey & Smoked Sausage, corn & potatoes, maple corn muffin	Vegetable-Barley Shepherd's Pie w/Cheesy Sweet Potato Crust, fall root veggies, mushrooms
Cheesy Brazilian Bread, guava paste	Cheesey Zucchini-Carrot Muffins	No Bake Mini Pumpkin Cheesecake Tart	Whipped Vanilla Greek Yogurt Dip, whole wheat alphabet crackers	Lemon-Dill Tuna Salad, ritz crackers
26	National Potato Day 27	28	29	30
Cinnamon Apple Sauce, chic sausage	Mini Bagel & Strawberry Cream Cheese	Tropical Fruits Smoothie with Greek Yogurt & Agave	Cream of Wheat, cinnamon sugar sprinkle & dried fruit	Apple Dippers with Sun Butter
Buttermilk Biscuit, Maple Butter Schmeear	Apple Cider-Cinnamon Yogurt Chia Pudding, maple syrup & dried fruits	Spinach & Feta Savory Breakfast Pinwheel	Roasted Tomato & Parmesan Cheese Egg Bites	Mini Baked Pumpkin Pie Spice Oatmeal Bites with Cranberries
French Onion Baked Chicken, Gruyere Mash Potato & Asparagus	Loaded Baked Potatoes, chive sour cream, cheese & turkey bacon, green beans	Chili Mac Casserole with ground turkey & elbow macaroni, Roasted Broccoli	White Chicken & Hominy Chili, sweet corn muffin, cilantro sour cream	Apple Cider & Onion Baked Chicken, Wild Rice Pilaf w/cranberries & pepitas
Pumpkin Loaf with Pepitas, whole wheat flour & coconut sugar	Spinach & Artichoke Dip, crackers	Brown Butter-Cardamom Snickerdoodle Bars w/Whole Wheat Flour & Coconut Sugar	Pimento Cheese Dip, ritz crackers	Pumpkin Spice Cupcakes, Whipped White Chocolate Buttercream