October 2026 ECDL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meal Patterns AM: ¼ Cup Veggie/Fruit ½ oz. Grain/Protein Lunch: 1 oz. Protein, 1/8 Cup Fruit 1/8 Cup Veggie, ½ oz. Grain PM: ½ Cup Fruit/Veggie ½ oz. Grain/Protein	4 oz. Whole Milk Served with AM & Lunch Children Age 2+ Served 4 oz. 1% Milk with AM & Lunch 4 oz. Water Served with PM **Bold** items are Whole Grain-Rich Components		1 **AM:** Yogurt, Mixed Berries *Vegan***: Cheerios,** Mixed Berries **Lunch**: Chicken Salad on **Croissant**, Sweet Potato Fries, Banana *Vegan*: Vegan Chick'n on **Croissant** **PM**: **Crackers**, Pepperoni *Vegan:* **Crackers,** Vegan Pepperoni	2 **AM**: **Waffle Grahams**, Mandarin Oranges **Lunch**: **French Toast Sticks**, Chicken Sausage, Breakfast Potatoes, Fresh Fruit *Vegan*: **Toast**, Vegan Sausage **PM**: **Bosco Sticks** *Vegan*: **Vegan Chick'n Nuggets**
5 **AM: Banana Bread,** Strawberries *Vegan*: **Tiger Bites**, Strawberries **Lunch**: **Chicken Nuggets**, Green Beans, Pears Vegan: **Vegan Chick'n Nuggets** **PM**: **Mac & Cheese Bites** Vegan: **Falafel Tots**, **Pita**	6 **AM**: **Cinnamon Bread**, Apple Slices **Lunch**: Beef Taco w/ **Tortilla**, Cheese, Guacamole, Salsa, Mixed Veggies, Mango *Vegan*: Vegan Beef Taco **PM: Potato & Cheese Pierogi** *Vegan***: SunChips,** Mixed Fruit Cup	7 **AM**: **Bagels**, Pears *Vegan:* **Toast**, Pears **Lunch**: **Grilled Cheese Sandwich**, Peas & Carrots, Peaches *Vegan:* **Grilled Vegan Cheese Sandwich** w/ Tofurkey **PM**: **Chicken & Cheese Empanada** *Vegan*: **Tortilla Chips/Crackers**, Salsa	8 **AM:** Cheese Omelet**,** Banana *Vegan*: **English Muffin**, Banana **Lunch:** Turkey & Swiss Burger on **Bun**, French Fries, Honeydew *Vegan*: Garden Burger on **Bun** **PM**: **E.Z. Jammer** *Vegan*: **WowButter & Jelly Sandwich**	9 **AM**: **Rice Chex**, Apricots **Lunch**: Grilled Chicken Teriyaki, Cauliflower, **Dinner Roll**, Mandarin Oranges *Vegan*: Vegan Chick'n Teriyaki **PM**: **Soft Baked Pretzel**, Cheese Stick Vegan: **Soft Baked Pretzel**, Mixed Fruit Cup
12 **AM**: **Apple Cinnamon Muffin**, Peaches *Vegan*: **Cheerios,** Peaches **Lunch**: **Pancakes**, Chicken Sausage, Breakfast Potatoes, Applesauce *Vegan*: Vegan Sausage, **Toast** **PM: SunChips/Crackers**, Tomato & Basil Couscous Salad	13 **AM**: **Turkey Sausage & Gravy Pizza** *Vegan:* **Cinnamon Bread**, Fruit Cup **Lunch**: Greek Gyros w/ Tzatziki, **Naan Bread,** Mixed Veggies, Fresh Fruit *Vegan*: Chickpea Gyro **PM**: **Mixed Berry Animal Crackers**, Pears *Vegan*: **Graham Crackers**, Pears	14 **AM**: **Waffles**, Mixed Berries Vegan: **Toast**, Mixed Berries **Lunch**: **Beef Goulash**, Roasted Zucchini, Apricots *Vegan*: **Vegan Beef Goulash** **PM**: Sliced Turkey, Sweet Potato Fries *Vegan*: Tofurkey, Sweet Potato Fries	15 **AM**: **Strawberry Loaf**, Strawberries *Vegan*: **Waffle Grahams**, Strawberries **Lunch**: **Cheese Pizza**, Italian Vegetables, Peaches *Vegan*: **Vegan Chick'n Pizza** **PM**: **Goldfish**, Mozzarella String Cheese *Vegan*: **Crackers**, Mixed Fruit Cup	16 **Teachers Institute** **NO CLASSES**
19 **AM: Banana Muffin,** Pears *Vegan*: **Rice Chex**, Pears **Lunch**: **Hot Turkey & Cheddar Sandwich**, Tater Tots, Mandarin Oranges *Vegan*: **Hot Tofurkey Sandwich** **PM**: **Crackers**, Cheese Stick *Vegan*: **Crackers**, Mixed Fruit Cup	20 **AM: Cinnamon Bread,** Sliced Apples **Lunch**: Meatloaf, **Dinner Roll**, Mashed Potatoes, Fresh Fruit *Vegan*: Vegan Meatloaf **PM: Falafel Tots,** Hummus	21 **AM: Zucchini Bread,** Peaches *Vegan*: **Waffle Grahams**, Peaches **Lunch**: **Chicken & Noodles**, Carrots, Apricots *Vegan*: **Vegan Chick'n & Noodles** **PM: Cheese Quesadilla** *Vegan*: **Tortilla Chips/Crackers,** Salsa	22 **AM**: **Toast,** Mango **Lunch**: **Sloppy Joe**, Bun, French Fries, Fresh Melon *Vegan*: **Vegan Sloppy Joe** **PM**: **Graham Crackers**, Banana	23 **AM: Cheerios,** Tropical Mixed Fruit **Lunch:** Meatballs, **Rice,** Gravy, Green Beans, Watermelon *Vegan*: Vegan Meatballs **PM: Chicken & Vegetable Potstickers** *Vegan*: **Vegan Chick'n Nuggets**
26 **AM**: **Blueberry Muffin,** Pears *Vegan*: **Tiger Bites**, Pears **Lunch**: **Beef Pepperoni Calzone**, Broccoli, Mandarin Oranges *Vegan*: **Vegan Beef & Cheese Calzone** **PM: Strawberry Chex Snack Mix,** Sliced Apples Vegan: **Rice Chex**, Sliced Apples	27 **AM**: **Pancakes,** Peaches Vegan: **Cinnamon Bread**, Peaches **Lunch**: **Mac & Cheese**, Carrots, Fruit Salad *Vegan***: Mac & Vegan Cheese** w/ Chick'n **PM**: Beef Teriyaki Nuggets, Broccoli *Vegan*: Veggie Burger, Broccoli	28 **AM**: **English Muffin,** Pineapple **Chicken Fried Rice**, Peas & Carrots, Apple Slices *Vegan*: **Vegan Chick'n Fried Rice** **PM**: Meatballs w/ Marinara, **Bread** *Vegan*: Vegan Meatballs w/ Marinara, **Bread**	29 **AM:** Yogurt, Mixed Berries *Vegan***: Cheerios,** Mixed Berries **Lunch**: Chicken Salad on **Croissant**, Sweet Potato Fries, Banana *Vegan*: Vegan Chick'n on **Croissant** **PM**: **Crackers**, Pepperoni *Vegan:* **Crackers,** Vegan Pepperoni	30 **AM**: **Waffle Grahams**, Mandarin Oranges **Lunch**: **French Toast Sticks**, Chicken Sausage, Breakfast Potatoes, Fresh Fruit *Vegan*: **Toast**, Vegan Sausage **PM**: **Bosco Sticks** *Vegan*: **Vegan Chick'n Nuggets**