



October 2026-Breakfast



Monday			Tuesday			Wednesday			Thursday			Friday				
									4oz 6oz 8oz	Whole Milk (Age 1)	1	4oz 6oz 8oz	Whole Milk (Age 1)	2		
										1% Milk (Age 2+)			1% Milk (Age 2+)			
									¼ c ½ c ½ c			¼ c ½ c ½ c			Strawberries	
									2 oz. 2 oz. 4 oz.			½ c ½ c 1c			Cheerios	
								1/8 c. 1/8 c ¼ c								
4oz 6oz 8oz	Whole Milk (Age 1)	5	4oz 6oz 8oz	Whole Milk (Age 1)	6	4oz 6oz 8oz	Whole Milk (Age 1)	7	4oz 6oz 8oz	Whole Milk (Age 1)	8	4oz 6oz 8oz	Whole Milk (Age 1)	9		
	1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			
¼ c ½ c ½ c	Mixed Fruit		¼ c ½ c ½ c	Mandarin Oranges		¼ c ½ c ½ c	Raspberries		¼ c ½ c ½ c	Diced Pears		½ ½ 1	1 ½	Clementines		
½ c ½ c 1c	Cheerios		½ ½ 1	WGR Waffles (36g)		¾ c ¾ c 1¼ c	Rice Chex		½ ½ 1	Turkey Sausage (.75oz)		¾ c ¾ c 1¼ c	Rice Chex			
									½ 1 1	Cheese Slice (28g)						
									½ ½ 1	WGR Tortilla (29g)						
4oz 6oz 8oz	Whole Milk (Age 1)	12	4oz 6oz 8oz	Whole Milk (Age 1)	13	4oz 6oz 8oz	Whole Milk (Age 1)	14	4oz 6oz 8oz	Whole Milk (Age 1)	15	4oz 6oz 8oz	Whole Milk (Age 1)	16		
	1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			
¼ c ½ c ½ c	Tropical Fruit Salad		¼ c ½ c ½ c	Applesauce (4.5oz)/		¼ c ½ c ½ c	Diced Pears		¼ c ½ c ½ c	Diced Peaches		¼ c ½ c ½ c	Grapes			
¾ c ¾ c 1¼ c	Rice Chex		2 2 3	WGR French Toast Sticks (31.3g)		¾ c ¾ c 1¼ c	Kix		½ 1 1	WGR Pancakes		¾ c ¾ c 1¼ c	Kix			
4oz 6oz 8oz	Whole Milk (Age 1)	19	4oz 6oz 8oz	Whole Milk (Age 1)	20	4oz 6oz 8oz	Whole Milk (Age 1)	21	4oz 6oz 8oz	Whole Milk (Age 1)	22	4oz 6oz 8oz	Whole Milk (Age 1)	23		
	1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			
½ ½ 1	Banana		¼ c ½ c ½ c	Cantaloupe		¼ c ½ c ½ c	Diced Peaches		¼ c ½ c ½ c	Blueberries		¼ c ½ c ½ c	Strawberries			
¾ c ¾ c 1¼ c	Kix		½ 1 1	Egg Patty		½c ½c 1c	Corn Flakes		2 oz. 2 oz. 4 oz.	Yogurt (served in 4oz cont.)		½c ½c 1c	Corn Flakes			
			½ 1 1	Cheese Slice (28g)					1/8 c 1/8 c ¼ c	Granola						
			½ ½ 1	WGR Biscuit (57g)												
4oz 6oz 8oz	Whole Milk (Age 1)	26	4oz 6oz 8oz	Whole Milk (Age 1)	27	4oz 6oz 8oz	Whole Milk (Age 1)	28	4oz 6oz 8oz	Whole Milk (Age 1)	29	4oz 6oz 8oz	Whole Milk (Age 1)	30		
	1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			1% Milk (Age 2+)			
¼ c ½ c ½ c	Mixed Fruit		¼ c ½ c ½ c	Mandarin Oranges		¼ c ½ c ½ c	Raspberries		¼ c ½ c ½ c	Diced Pears		½ ½ 1	1 ½	Clementines		
½c ½c 1c	Corn Flakes		½ ½ 1	WGR Waffles (36g)		¾ c ¾ c 1¼ c	Rice Chex		½ ½ 1	Turkey Sausage (.75oz)		¾ c ¾ c 1¼ c	Rice Chex			
									½ 1 1	Cheese Slice (28g)						
									½ ½ 1	WGR Tortilla (29g)						





October 2026-Lunch



Monday			Tuesday			Wednesday			Thursday			Friday		
									4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	1	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	2
									1/8 c ¼ c ½ c	Peas		4 3 5	Broccoli Little Veggie Bites	
									1/8 c ¼ c ¼ c	Peaches		1/8 c ¼ c ¼ c	Cantaloupe	
									1/8 c ¼ c ½ c	Ground Beef w/Spaghetti Sauce		1 2 2	Turkey Ham Slice	
									¼ c ¼ c ½ c	WG Noodles		1 2 2	Cheese Slice	
									½ 1 1	WGR Garlic Toast		½ 1 1	WW Tortilla (29g)	
4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	5	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	6	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	7	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	8	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	9
1/8 c ¼ c ½ c	Green Beans		1/8 c ¼ c ½ c	Corn		1/8 c ¼ c ½ c	Mixed Vegetables		¼ c ¼ c ½ c	Chicken Noodle w/Carrots		½ c ½ c ¾ c	Cucumbers	
1/8 c ¼ c ¼ c	Tropical Fruit Salad		1/8 c ¼ c ¼ c	Tropical Fruit Salad		1/8 c ¼ c ¼ c	Mandarin Oranges		1/8 c ¼ c ¼ c	Honeydew Melon		1/8 c ¼ c ¼ c	Mandarin Oranges	
2 3 4	Turkey Meatballs w/Spaghetti Sauce		1/8 c ¼ c ½ c	Ground Beef w/Taco Sauce		¼ c ½ c ½ c	Diced Chicken w/Teriyaki Sauce		1 2 2	Cheese Slice		2 oz. 2 oz. 4 oz.	Yogurt (served in 4oz cont.)	
½ 1 1	WW Hot Dog Roll		2 T ¼ c ¼ c	Shredded American Cheese		¼ c ¼ c ½ c	WGR Brown Rice		½ 1 1	Grilled WGR Bread (28g)		1 2 3	Pizza Max Stix	
			½ 1 1	 WW Tortilla (29g)								Ranch Dressing		
4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	12	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	13	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	14	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	15	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	16
1/8 c ¼ c ½ c	Corn		1/8 c ¼ c ¼ c	Mandarin Oranges		1/8 c ¼ c ½ c	Peas		1/8 c ¼ c ½ c	Tater Tots		1/8 c ¼ c ½ c	Cooked Carrots	
1/8 c ¼ c ¼ c	Mixed Fruit		1/8 c ¼ c ½ c	Mashed Potatoes		1/8 c ¼ c ¼ c	Fruit Cocktail		1/8 c ¼ c ¼ c	Diced Pears		¼ c ¼ c ¼ c	Applesauce (4.5oz)	
2 4 5	WG Chicken Nuggets (.67oz)		¼ c ½ c ½ c	Diced Turkey w/Gravy		¼ c ½ c ½ c	Diced Turkey Ham		½ 1 1	Chicken Patty		½ 1 1	Cheese Stick	
			½ ½ 1	WW Dinner Roll (28g)		¼ c ½ c ½ c	WGR Macaroni & Cheese		½ ½ 1	WW Hamburger Bun (57g)		1 T 2 T 2 T	Soy Butter and Jelly	
												½ 1 1	WGR Bread (28g)	
4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	19	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	20	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	21	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	22	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	23
1/8 c ¼ c ½ c	Tater Tots		1/8 c ¼ c ½ c	California Blend		1/8 c ¼ c ½ c	Baked Beans		1/8 c ¼ c ½ c	Peas		4 3 5	Broccoli Little Veggie Bites	
½ ¼ 1	Banana		¼ c ¼ c ¼ c	Applesauce (4.5oz)		4 3 5	Broccoli Little Veggie Bites		1/8 c ¼ c ¼ c	Peaches		1/8 c ¼ c ¼ c	Cantaloupe	
1/8 c ¼ c ½ c	Ground Beef w/Sloppy Joe Sauce		¼ c ½ c ½ c	Diced Chicken w/Barbeque Sauce		½ 1 1	Hot Dog		1/8 c ¼ c ½ c	Ground Beef w/Spaghetti Sauce		1 2 2	Turkey Ham Slice	
½ ½ 1	WGR Hamburger Bun (57g)		½ ½ 1	WW Dinner Roll (28g)		½ 1 1	WW Hot Dog Roll		¼ c ¼ c ½ c	WG Noodles		1 2 2	Cheese Slice	
									½ 1 1	WGR Garlic Toast		½ 1 1	WW Tortilla (29g)	
4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	26	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	27	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	28	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	29	4oz 6oz 8oz	Whole Milk (Age 1) 1% Milk (Age 2+)	30
1/8 c ¼ c ½ c	Green Beans		1/8 c ¼ c ½ c	Corn		1/8 c ¼ c ½ c	Mixed Vegetables		¼ c ¼ c ½ c	Chicken Noodle w/Carrots		½ c ½ c ¾ c	Cucumbers	
1/8 c ¼ c ¼ c	Tropical Fruit Salad		1/8 c ¼ c ¼ c	Tropical Fruit Salad		1/8 c ¼ c ¼ c	Mandarin Oranges		1/8 c ¼ c ¼ c	Honeydew Melon		1/8 c ¼ c ¼ c	Mandarin Oranges	
2 3 4	Turkey Meatballs w/Spaghetti Sauce		1/8 c ¼ c ½ c	Ground Beef w/Taco Sauce		¼ c ½ c ½ c	Diced Chicken w/Teriyaki Sauce		1 2 2	Cheese Slice		2 oz. 2 oz. 4 oz.	Yogurt (served in 4oz cont.)	
½ 1 1	WW Hot Dog Roll		2 T ¼ c ¼ c	Shredded American Cheese		¼ c ¼ c ½ c	WGR Brown Rice		½ 1 1	Grilled WGR Bread (28g)		1 2 3	Pizza Max Stix	
			½ 1 1	WW Tortilla (29g)								Ranch Dressing		





October 2026-Snack



Monday	Tuesday	Wednesday	Thursday	Friday
			Water 1	Water 2
			½ c ½ c ¾ c Apple Slices	1 2 2 Cheese Slice
			¼ c ½ c ½ c Applesauce (4.5 Oz) {Ones}	2 3 4 WG Saltine Crackers (packs 01oz)
			½ 1 1 WGR Soft Pretzel (71g)	
Water 5	Water 6	Water 7	Water 8	Water 9
1 T 2 T 2 T Soy Butter	½ c ½ c ¾ c Diced Pears	1/8 c ¼ c ¼ c Craisins	½ c ½ c ¾ c Apple Slices	½ c ½ c ¾ c Tropical Fruit
½ ½ 1 Banana	½ 1 1 WG Sunchips (1oz)	½ ½ 1 WGR Cinnamon Raisin Bread (35g)	¼ c ½ c ½ c Applesauce (4.5 Oz) {Ones}	1 1 2 WG Cheez-Itz (.75oz)
½ 1 1 WW Tortilla (29g)	2 T Salsa	Cream Cheese	½ 1 1 WGR Soft Pretzel (71g)	
Water 12	Water 13	Water 14	Water 15	Water 16
1 1 2 Turkey Bologna	2 oz. 2 oz. 4 oz. Yogurt (served in 4oz cont.)	½ c ½ c ¾ c Diced Pears	½ c ½ c ¾ c Apple Slices	½ c ½ c ¾ c Salsa
1 2 2 Cheese Slice	2 3 3 WG Graham Crackers (28g)	10 10 20 Alphabet Crackers	¼ c ½ c ½ c Applesauce (4.5 Oz) {Ones}	5 5 8 WGR Tortilla Chips
2 3 4 WG Saltine Crackers (packs .01oz)			½ 1 1 WGR Soft Pretzel (71g)	2 T ¼ c ¼ c Shredded American Cheese
Water 19	Water 20	Water 21	Water 22	Water 23
½ c ½ c ¾ c Grapes	1/8 c ¼ c ¼ c Craisins	½ c ½ c ¾ c Diced Pears	½ c ½ c ¾ c Apple Slices	1 2 2 Cheese Slice
1 1 1 Dino-Bite Crackers (1oz)	1 1 1 Chex Mix (1oz)	1 1 2 WGR Goldfish (.75oz)	¼ c ½ c ½ c Applesauce (4.5 Oz) {Ones}	2 3 4 WG Saltine Crackers (packs 01oz)
			½ 1 1 WGR Soft Pretzel (71g)	
Water 26	Water 27	Water 28	Water 29	Water 30
1 T 2 T 2 T Soy Butter	½ c ½ c ¾ c Diced Pears	1/8 c ¼ c ¼ c Craisins	½ c ½ c ¾ c Apple Slices	½ c ½ c ¾ c Tropical Fruit
½ ½ 1 Banana	½ 1 1 WG Sunchips (1oz)	½ ½ 1 WGR Cinnamon Raisin Bread (35g)	¼ c ½ c ½ c Applesauce (4.5 Oz) {Ones}	1 1 2 WG Cheez-Itz (.75oz)
½ 1 1 WW Tortilla (29g)	2 T Salsa	Cream Cheese	½ 1 1 WGR Soft Pretzel (71g)	

October National Food Holidays 2026

October 1st: National Vegetarian Day

October 6th: National Taco Day

October 7th: National Pumpkin Seed Day

October 14th: National Dessert Day

October 18th: National Chocolate Cupcake Day

October 26th: National Candy Corn Day

