

CHILD & ADULT CARE FOOD BANK – School Year

OCTOBER MENU 2025 - ENGLISH VERSION

Pork, peanuts and/or tree nuts are not used in these menus. All juices are full-strength 100% fruit juice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
LUNCH/SUPPER				<u>Make your Taco</u> 1 ½ c Taco Meat 2 oz Ground Turkey w/ Salsa 2 Tbsp Shredded Cheddar Cheese ½ c Shredded Lettuce & ½ c Diced Tomato 2 WW Tortilla (2 oz) ½ c Peaches 1 c Milk Veg: ½ c Vegan Ground Meat w/ Salsa		<u>Make your Sandwich</u> 2 ½ c Chicken Salad 2 oz Diced Chicken w/ Mayo 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Pineapple Tidbits 1 c Milk Veg: 2 Fresh Mozzarella Cheese slices (2 oz)		3 ¾ c Macaroni & Cheese w/ extra cheese (0.9 oz eq m/ma; 1.3 oz eq noodles) ½ c Baked Beans ½ c Tossed Salad w/ Italian ½ c Honeydew 1 c Milk Veg: Same		
				<u>Make your Wrap</u> 3 Turkey Breast slices (2.1 oz) 1 Cheddar Cheese (0.75 oz) 2 Tbsp Hummus 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Cucumber slices ½ c Peaches 1 c Milk Veg: Vegetarian wrap (2 Fresh Mozzarella Cheese slices (2 oz) tomato, lettuce, cucumber)		<u>Make your Sandwich</u> ½ c Chicken Salad 2 oz Diced Chicken w/ Mayo 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Pineapple Tidbits 1 c Milk Veg: 2 Fresh Mozzarella Cheese slices (2 oz)		<u>Make your Sandwich</u> ½ c Tuna Salad 2 oz Tuna Fish w/ Mayo 1 WG Bun (2 oz) ½ c Three Bean Salad ½ c Apple Slices 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce		
1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip				½ c Vanilla Yogurt ¾ c Strawberries (alt. Blueberries)		<u>Make your Roll-up Wrap</u> 2 Turkey Breast slice (1.4 oz) 1 WW Tortilla (1 oz) Veg: ¼ c Hummus				
PM SNACK										
LUNCH/SUPPER	<u>Make your Sandwich</u> 6 1 Crispy Chicken Patty (3.25 oz) w/ SS BBQ Sauce 1 WG Bun (2 oz) ½ c Diced Sweet Potato ½ c Mandarin Orange 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce		<u>Chicken Stir-fry w/ Vegetables</u> 7 ¼ c Chicken Slices (2 oz) w/ Stir fry sauce ½ c Asian Vegetables (Green Beans, Broccoli, Onions, Mushrooms, Red Pepper) ½ c WW Spaghetti Noodles 1 Banana 1 c Milk Veg: ½ c Stir-fry Tofu (4.4 oz) w/ Stir fry sauce		<u>Breakfast for Lunch</u> 8 4 Turkey Sausage Links (2.6 oz) w/ SS Ketchup 2 WG French Toast Stick (1.77 oz w/ Syrup) ½ c Diced Potatoes ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ SS Ketchup		<u>Chicken with Gravy</u> 9 ¼ c Diced Chicken (2 oz) w/ Gravy ½ c Brown Rice w/ ½ c Carrots & Peas ½ c Pears 1 c Milk Veg: Hoppin' John w/ ½ c Black-Eyed Peas & ½ c Brown Rice		<u>Make your Pizza</u> 10 2 oz Shredded Mozzarella 1 WG English Muffin (2 oz) ½ c Hot Marinara Sauce ½ c Broccoli Florets w/ Creamy Italian ½ c Apple Slices 1 c Milk Veg: Same	
	<u>Make your Sandwich</u> 1 Crispy Chicken Patty (3.25 oz) w/ SS BBQ Sauce 1 WG Bun (2 oz) 1 c Spinach & Shredded Carrots Salad w/ Ranch ½ c Mandarin Orange 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce		<u>Make your Sandwich</u> ¾ c Egg Salad ½ c Eggs w/ Mayo 1 WG Bun (2 oz) ½ c Carrots w/ Veggie dip 1 Banana 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce		<u>Make your Sandwich</u> 3 Turkey Breast slices (2.1 oz) w/ SS Mayo & SS Honey Mustard 1 WG Bun (2 oz) ½ c Cucumber slices ½ c Peaches 1 c Milk Veg: 2 Fresh Mozzarella Cheese slices (2 oz) Sandwich		3 Chicken Tenders (6 oz) w/ Honey Mustard 1 WG Roll (1.13 oz) ½ c Coleslaw ½ c Pears 1 c Milk Veg: 6 Veg Chick'n Tenders (5.4 oz)		<u>Make your Pizza</u> 2 oz Shredded Mozzarella 1 WG English Muffin (2 oz) ½ c Hot Marinara Sauce ½ c Broccoli Florets w/ Creamy Italian ½ c Apple Slices 1 c Milk Veg: Same	
PM SNACK	1 WG Cinnamon Goldfish Crackers ¾ c Tropical Fruit Salad (alt. 1 Apple)		1 WG Graham Crackers Scooby Doo (1 oz) ¾ c Peach		2 IW Cheddar Cheese (1.5 oz) ¾ c Zucchini Sticks w/ Ranch		½ c Strawberry Yogurt 1 oz WG Nut Free Granola		1 SS Sun Butter (1.1 oz) 1 WW Bread (1 oz)	

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH/SUPPER	COLUMBUS DAY 13  NO SCHOOL	Make your Taco 14 ½ c Taco Meat 2 oz Ground Beef w/ Salsa 2 Tbsp Shredded Cheddar Cheese 2 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Diced Tomato ½ c Honeydew 1 c Milk Veg: ½ c Vegan Ground Meat w/ Salsa	Make your Own Sandwich 15 1 Turkey Patty (2.5 oz) w/ SS BBQ Sauce 1 WG Bun (2 oz) 1 c Mixed Green Salad w/ Ranch ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce	16 1 Meatloaf (2.6 oz) w/ Gravy 1 WG Roll (1.13 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk Veg: 3 Vegan Meatballs (3.1 oz) w/ Marinara sauce	Make Your Own Burrito 17 ½ c Black Beans w/ Salsa 2 oz Shredded Monterey Jack Cheese 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Diced Tomato ½ c Pears 1 c Milk Veg: Same				
	FIELD TRIP LUNCHES		½ c Tuna Salad 2 oz Tuna Fish w/ Mayo 1 WG Bun (2 oz) 1 c Mixed Green Salad w/ Ranch ½ c Mango 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce	Make your Wrap 3 Turkey Breast slices (2.1 oz) 1 Cheddar Cheese (0.75 oz) 2 Tbsp Hummus 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Diced Tomato ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk Veg: Vegetarian wrap (2 Fresh Mozzarella Cheese slices (2 oz) tomato, lettuce, cucumber)	Pasta salad w/ Chicken & Vegetables Diced Chicken (2 oz) w/ Ranch ½ c WG Pasta ½ c Vegetables (Zucchini, Carrots and Spinach) 4 Orange Wedges 1 c Milk Veg: Pasta salad w/ Shredded Mozzarella Cheese (2 oz) & Vegetables w/ Ranch	Make Your Own Burrito ½ c Black Beans w/ Salsa 2 oz Shredded Monterey Jack Cheese 1 WW Tortilla (1 oz) ½ c Shredded Lettuce & ½ c Diced Tomato ½ c Pears 1 c Milk Veg: Same			
		PM SNACK		1 WG Sweet Potato Crackers (1 oz) ¾ c Mandarin Orange (alt. 1 Orange)	1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip	½ c Vanilla Yogurt ¾ c 1 WG Animal crackers (1 oz)	¼ c Cottage Cheese ¾ c Mango (alt. 1 Apple)		
LUNCH/SUPPER	20 3 Chicken Tenders (6 oz) w/ Honey Mustard 1 WG Roll (1.13 oz) ½ c Carrots & Peas ½ c Peaches 1 c Milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	21 ½ c Beef and Bean chili ¼ c Ground Beef (2 oz) 1 WG Corn muffin (2 oz) 1 c Mixed Green Salad w/ Ranch ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk Veg: 1/2 c Vegan Ground Meat	22 5 Chicken Meatballs (2.7 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 WG Hot Dog Bun (2 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Mango 1 c Milk Veg: 3 Vegan Meatballs (3.1 oz) w/ Marinara sauce	23 1 Hamburger Patty (2.5 oz) w/ SS BBQ Sauce 1 Cheddar Cheese (0.75 oz) 1 WG Bun (2 oz) ½ c 5 Way Vegetables (Peas, Carrots, Corn, Green Beans, Lima Beans) ½ c Apple Slices 1 c Milk Veg: 1 Vegan Sausage Patty Burger (2 oz) w/ SS BBQ Sauce & 1 Cheddar Cheese (0.75 oz)	24 2 Cheese Lasagna Roll-up (7 oz w/ 2.5 oz eq m/ma & 2 oz eq WG Lasagna noodles) ½ c Broccoli Florets w/ Creamy Italian ½ c Honeydew 1 c Milk Veg: Same				
	FIELD TRIP LUNCHES	3 Chicken Tenders (6 oz) w/ Honey Mustard 1 WG Roll (1.13 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Peaches 1 c Milk Veg: 6 Veg Chick'n Tenders (5.4 oz)	Make your Sandwich 4 Roast Beef slices (2 oz) w/ SS Mustard 1 WG Bun (2 oz) 1 c Mixed Green Salad w/ Ranch 1 Banana 1 c Milk Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz) w/ Honey Mustard	4 Chicken Nuggets (3.2 oz) w/ SS Ketchup 1 WG Roll (1.13 oz) ½ c Carrots w/ Veggie dip ½ c Mango 1 c Milk Veg: 4 Veggie Chik'n Nuggets (3 oz) w/ SS Ketchup	Make your Sandwich 1 Hamburger Patty (2.5 oz) w/ SS BBQ Sauce 1 Cheddar Cheese (0.75 oz) 1 WG Bun (2 oz) ½ c Chickpeas Salad w/ Diced Cucumbers ½ c Apple Slices 1 c Milk Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce	Make your Sandwich ¾ c Egg Salad ½ c Eggs w/ Mayo 1 WG Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian 4 Orange Wedges 1 c Milk Veg: Same			
		PM SNACK	1 WG Cinnamon Goldfish (0.9 oz) ¾ c Fruit Mix (Pineapple, Peaches, Pears) (alt. 1 Apple)	1 WG Graham Crackers Scooby Doo (1 oz) 1 String Cheese (1 oz)	2 IW Cheddar Cheese (1.5 oz) ¾ c Cucumbers w/ Ranch	½ c Strawberry Yogurt 1 oz WG Nut Free Granola	Make your Roll-up Wrap 2 Turkey Breast slice (1.4 oz) 1 WW Tortilla (1 oz) Veg: ¼ c Hummus		

Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches, Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH/SUPPER	Make your Fajita 27 ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WG Mini Flatbread (1 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk <i>Veg: Fajita mixture w/ ½ c Seasoned Black Beans</i>	Make your Sandwich 28 1 Hamburger Patty (2.5 oz) w/ SS BBQ Sauce 1 WG Bun (2 oz) ½ c Baked Beans 4 Orange Wedges 1 c Milk <i>Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce</i>	Chicken curry w/ Rice 29 ¼ c Diced Chicken (2 oz) w/ Curry ½ c Brown Rice with ½ c Peas and Carrots ½ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) 1 c Milk <i>Veg: Vegetable Lasagna (2 c)</i>	Make your Wrap 30 3 Turkey Breast slice (2.1 oz) 1 WW Tortilla (1 oz) 1 c Mixed Green Salad w/ Ranch ½ c Pears 1 c Milk <i>Veg: 2 Fresh Mozzarella Cheese slices (2 oz)</i>	¾ c Macaroni & Cheese w/ extra cheese (0.9 oz eq m/ma; 1.3 oz eq noodles) ½ c Baked Beans ½ c Broccoli Florets w/ Creamy Italian ½ c Cantaloupe 1 c Milk <i>Veg: Same</i>				
	Make your Fajita ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WG Mini Flatbread (1 oz) 1 c Spinach & Shredded Carrots Salad w/ Italian ½ c Fruit Mix (Pineapple, Peaches, Pears) 1 c Milk <i>Veg: Fajita mixture w/ ½ c Seasoned Black Beans</i>	Make your Sandwich 1 Hamburger Patty (2.5 oz) w/ SS BBQ Sauce 1 WG Bun (2 oz) ½ c Three Bean Salad 4 Orange Wedges 1 c Milk <i>Veg: 1 Veggie Burger (3.5 oz) w/ SS BBQ Sauce</i>	Pasta salad w/ Chicken & Vegetables Diced Chicken (2 oz) w/ Ranch ½ c WG Pasta ½ c Vegetables (Zucchini, Carrots and Spinach) ½ c Tropical Fruit Salad (Papaya, Pineapple) 1 c Milk <i>Veg: Pasta salad w/ Shredded Mozzarella Cheese (2 oz) & Vegetables w/ Ranch</i>	Make your Wrap 3 Turkey Breast slice (2.1 oz) 1 WW Tortilla (1 oz) 1 c Mixed Green Salad w/ Ranch ½ c Pears 1 c Milk <i>Veg: 2 Fresh Mozzarella Cheese slices (2 oz)</i>	Make your Sub ½ c Tuna Salad 2 oz Tuna Fish w/ Mayo 1 WG Hot Dog Bun (2 oz) ½ c Broccoli Florets w/ Creamy Italian ½ c Apple Slices 1 c Milk <i>Veg: Cheese Sandwich w/ 3 Cheddar Cheese slices (2.25 oz) w/ Honey Mustard</i>				
PM SNACK	1 WG Veggie Crispy Crackers (1 oz) 1 Apple	1 WG Graham Crackers Bug Bites (1 oz) ¾ c Tropical Fruit Salad (Papaya, Pineapple) (alt.1 Banana)	1 String Cheese (1 oz) ¾ c Carrots w/ Veggie Dip	½ c Vanilla Yogurt ¾ c Strawberries (alt. Blueberries)	1 SS SunButter (1.1 oz) 1 WW Bread (1 oz)				

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