

# OCTOBER 2025 *Lunch/Supper Menus*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>World Vegetarian Day 1</b> <b>Frozen Vegetable Stir Fry*</b> Chicken Nuggets (CN) Pineapple WGR Brown Rice Milk 	2 Sloppy Joes Tater Tots Peaches WGR Bun Milk	3 BBQ Chicken Zucchini Apple Slices Couscous Milk	4
5	<b>National Noodle Day 6</b> <b>Caprese Pasta Salad*</b> Carrot Sticks & Ranch Milk 	7 Deli Turkey Sandwich (CN) Bell Pepper Sticks Applesauce WGR Bread Milk	8 Salisbury Steak (CN) Broccoli Mashed Potatoes WGR Roll Milk	9 Chicken Alfredo Spinach Salad Papaya WGR Pasta Milk	10 <b>Sausage Pizza with Simple Tomato Sauce*</b> Fruit Cocktail Milk 	<b>National Sausage Pizza Day 11</b>
<b>National Gumbo Day 12</b>	13 <b>Slow Cooker Gumbo*</b> Collard Greens Canteloupe WGR Roll Milk 	14 Beef Tacos Corn Pomelo Melon WGR Flour Tortilla Milk	<b>National Shawarma &amp; Mushroom Day 15</b> <b>Easy Chicken Shawarma*</b> Baked French Fries Sliced Cucumber Pita Bread Milk 	16 Egg Salad Sandwich Green Beans Celery Sticks WGR Bread Milk	17 Baked Chicken <b>Creamy Garlic Mashed Potatoes*</b> Garden Salad WGR Roll Milk 	<b>National Mashed Potato Day 18</b>
19	<b>National Chicken &amp; Waffles Day 20</b> <b>Easy Chicken &amp; Waffle Sliders*</b> Sweet Peas Tangerines Milk 	21 Turkey Ham Sandwich Peas Pineapple WGR Bread Milk	22 Meatballs (CN) & Gravy Squash Mixed Fruit WGR Brown Rice Milk	23 Cheese Quesadilla Brussel Sprouts Blackberries WGR Flour Tortilla Milk	24 Roast Beef Beets Banana WGR Bun Milk	25
26	27 Spaghetti with Meat Sauce Garden Salad Pears WGR Garlic Toast Milk	28 Red Beans and WGR Brown Rice Asparagus Plums Milk	29 HM Meatloaf Wax Beans Peaches WGR Roll Milk	30 Hot Dog Mixed Vegetables Strawberries WGR Bun Milk	31 Fish Fillet Coleslaw Baked French Fries WGR Roll Milk	

**Notes:** 1 year olds receive unflavored whole milk; 2-5 year olds receive unflavored skim or 1% milk; 6 years and older receive unflavored or flavored skim or 1% milk. Fluid milk substitutes may be served with appropriate documentation. Juice is 100%. WGR indicates whole grain-rich.

This institution is an equal opportunity provider. \*Find CACFP-creditable recipe on myfoodprogram.com.