

October 2026

BREAKFAST MENUS



Central &
Eastern Europe



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 WGR Granola Yogurt Strawberries Milk	2 Farmers Cheese & Sour Cream* WGR Crackers Apple Slices Milk	3
4 WGR Kix Tropical Fruit Milk	5	6 WGR Waffles Pears Milk	7 Grated Apple Pancakes* Cantaloupe Milk	8 WGR English Muffins Mandarin Oranges Milk	9 Cheesy Grits Banana Milk	10
11 WGR Bagel Hummus Milk	12	13 WGR Banana Bread Honeydew Melon Milk	14 Turkey Sausage Hashbrowns Milk	15 WGR Pancakes Mango Milk	16 WGR Vanilla Chex Plums Milk	17
18 Polish Breakfast Skillet* Milk	19	20 WGR Biscuits & Gravy Mixed Berries Milk	21 WGR Cheerios Raspberries Milk	22 WGR Avocado Toast Milk	23 WGR French Toast Sticks Applesauce Milk	24
25 Crescent Rolls Papaya Milk	26	27 WGR Flour Tortilla Eggs Pineapple Milk	28 WGR Wheaties Watermelon Milk	29 Hemenex (Czech Ham & Eggs)* Peaches WGR Toast Milk	30 WGR Oatmeal Banana Milk	31

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.

