

October 2026

LUNCH/SUPPER MENUS

Central &
Eastern Europe



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Beef Tacos WGR Tortilla Mixed Vegetables Peaches Milk	2 BBQ Chicken Zucchini Mandarin Oranges WGR Roll Milk	3
4	5 Paprika Chicken & Potatoes* Blueberries WGR Roll Milk	6 Deli Turkey Sandwich (CN) WGR Bread Bell Pepper Sticks Applesauce, Milk	7 Salisbury Steak (CN) Broccoli Mashed Potatoes WGR Biscuit Milk	8 Red Beans and WGR Brown Rice Wax Beans Plums Milk	9 Chicken Alfredo WGR Pasta Spinach Salad Papaya Milk	10
11	12 Sloppy Joes Corn Pomelo Melon WGR Bun Milk	13 Baked Chicken Garden Salad Sliced Apples Couscous Milk	14 Chicken Nuggets (CN) Polish Potato Salad* Strawberries WGR Roll Milk	15 HM Meatballs & Gravy Squash Mixed Fruit WGR Brown Rice Milk	16 Egg Salad Sandwich WGR Bread Green Beans Celery Sticks Milk	17
18	19 Turkey Ham Sandwich WGR Bread Peas Pineapple Milk	20 Fish Fillet Borscht* Fingerling Potatoes WGR Roll Milk	21 Spaghetti with Meat Sauce WGR Pasta Garden Salad Pears, Milk	22 Cheese Quesadilla WGR Flour Tortilla Corn Blackberries Milk	23 HM Meatloaf Asparagus Peaches WGR Roll Milk	24
25	26 Cabbage Rolls* Cucumber Slices WGR Crackers Milk	27 Macaroni & Cheese WGR Pasta Peas & Carrots Fruit Cocktail Milk	28 Hot Dog WGR Bun Peas Strawberries Milk	29 Roast Beef WGR Bread Banana Beets Milk	30 Fish Sticks (CN) Coleslaw Baked French Fries WGR Roll 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.

