

Meatless Monday	Taco Tuesday	World of Wednesday	Tasty Thursday	Finger Food Friday	
CDC Menu October 2025		1 B: WGR Cereal and Sliced Peaches L: Sweet and Sour WGR Popcorn Chicken with WG Chow Mein Noodles Roasted Broccoli Fresh Blueberries S: WG Graham Crackers and Dried Fruit	2 B: WGR English Muffins and Pineapple Chunks L: Baked Chicken WGR Steamed Brown Rice Seasoned Steamed Spinach Fresh Strawberries S: WG Ritz Crackers and Sliced Turkey	3 B: WGR Biscuits and Blackberries L: WGR Fish Sticks with Sweet Potato Tots Sliced Watermelon S: WGR Wheat Thins and Cheese Cubes	
	6 B: WGR Cereal and Bananas L: Grilled Cheese Sandwich on WW Bread Steamed Asparagus Tips Fresh Blueberries S: WG Animal Crackers and Yogurt Cups	7 B: WGR Biscuits and Diced Mangos L: Turkey and Swiss Cheese Wraps on WW Tortilla Steamed Mixed Vegetables Sliced Red Apples S: WGR Pita Chips and Hummus	8 B: WGR Cereal and Sliced Peaches L: BBQ Chicken Legs WW Dinner Roll Steamed Green Peas Sliced Cantaloupe S: WG Blueberry Muffins and Milk	9 B: WG Buttery Grits, Turkey Sausage Patties and Fresh Blackberries L: WGR Pasta with Beef and Pork Meatballs in Tomato Sauce Steamed Green Beans Fresh Strawberries S: WW Bagels and Cream Cheese	10 B: WGR Morning Sausage Rolls and Warm Cinnamon Apples L: Beef Cheeseburger Slider on WW Dinner Roll Green Salad Orange Slices S: WGR Oatmeal Balls made with Sun Butter, Dried Fruit, and Oats
	13 B: WGR Cereal and Sliced Peaches L: Bean and Cheese Quesadilla on WW Tortilla Seasoned Steamed Spinach Fresh Blueberries S: WGR Pita Chips and Hummus	14 B: WGR Waffles and Diced Pineapple L: Beef Cheesy Nachos on WGR Corn Tortilla Chips Steamed Broccoli Diced Cantaloupe S: WG Cinnamon Raisin Bagels and Yogurt Cups	15 B: WGR Cereal and Diced Mango L: BBQ Beef Sliders on WW Dinner Rolls Scalloped Potatoes Fresh Watermelon S: WG Saltine Crackers and Sun Butter Sandwiches	16 B: WGR Pancakes and Mandarin Oranges L: Beef and Potato Picadillo and WGR Brown Rice Steamed Sweet Peas Fresh Blackberries S: WGR Wheat Thins and Mozzarella Sticks	17 B: WG Cinnamon Raisin Bread and Applesauce L: Tuna Salad Sandwich on WW Bread Carrot Sticks Fresh Pears S: Nilla Wafers and Banana Pudding
	20 B: WGR Cereal and Bananas L: WG Macaroni and Cheese Steamed Peas and Carrots Blueberries S: WG Graham Crackers and Sun Butter Sandwiches	21 B: WGR Biscuits and Cinnamon Applesauce L: Ground Turkey Taco on WW Tortilla Steamed Mixed Vegetables Watermelon S: WG Corn Chips and (Non- Vegetarian) Bean Dip	22 B: WGR Cereal and Pineapple L: Beef with WG Lo Mein Noodles Stir Fry Veggie Mix Fresh Cantaloupe S: Cheez-It Crackers and Dried Fruit	23 B: WGR French Toast Sticks and Sliced Peaches L: Chicken, Broccoli, Cheese and WGR Brown Rice Casserole Steamed Green Beans Fruit Blend S: WGR Cereal and Milk	CDC Closed for Parent Conferences
	27 B: WGR Cereal and Sliced Peaches L: WG Cheese Pizza Cauliflower Blend Veggies Fresh Watermelon S: WG Animal Crackers and Yogurt Cups	28 B: WGR Waffles and Diced Pineapple L: Chicken Fajitas on WW Tortillas Scalloped Potatoes Fresh Cantaloupe S: WG Cinnamon Raisin Bagels and Cream Cheese	29 B: WGR Cereal and Fresh Pears L: Beef Stroganoff with Egg Noodles WW Dinner Roll Steamed Green Beans Apple Slices S: WG Ritz Crackers and Sun Butter Sandwich	30 B: WG Cheesy Grits, Turkey Sausage Patties, and Blackberries L: Baked Tilapia WG Cheddar Biscuits Steamed Peas Fresh Honey Dew Melon S: WGR Pita Chips and Hummus	
					31 B: WGR Biscuits and Bananas L: Turkey and Cheese Sandwich on WW Bread Sweet Potato Tots Fruit Salad S: Goldfish Crackers and Orange Jello Fruit Cup

WW=Whole Wheat, WG=Whole Grain, WGR=Whole Grain Rich

Milk is served for breakfast and lunch. Water is offered during every meal.

*This Institution is an Equal Opportunity Provider