CDC Menu October 2026



Meatless Monday	Tuesday	Wednesday	Thursday	Finger Food Friday
			1 **B: WGR** French Toast Sticks and Blueberries **L:** Baked Catfish **WG** Brown Rice Steamed Zucchini Mixed Fruit **S: WG** Pretzels and Cheese Cubes	**2** **B: WGR** Croissants and Warm Cinnamon Apples **L:** Turkey and Cheese Sandwiches on **WW** Bread Sweet Potato Tots Grapes **S: WGR** Granola and Dried Fruit Mix
5 **B: WGR** Cereal and Bananas **L:** Hummus and **WW** Pita Bread Cucumber Slices Watermelon Slices **S: WW** Bagels with Cream Cheese	**6** **B:** Biscuits and Diced Mangos **L:** Ground Beef Taco on **WW** Tortilla Fiesta Corn Orange Slices **S:** Yogurt Cups and **WG** Animal Crackers	**7** **B: WGR** Cereal and Sliced Pears **L:** Chicken Pasta Salad with **WW** Pasta Mixed Vegetables Honeydew Slices **S:** Ritz Crackers and Mozzarella Cheese Sticks	**8** **B:** Pork Morning Roll and Grapefruit **L:** Ground Turkey Scalloped Potato Casserole **WW** Dinner Roll Vegetarian Baked Beans **S: WGR** Goldfish Crackers and Banana Chips	**9** **B:** Belgian Waffles and Apricot Slices **L:** BBQ Chicken Legs Cornbread Zucchini Fries Fresh Apple Slices **S:** Sun Butter and **WW** Cinnamon Raisin Sandwiches
12 **B: WGR** Cereal and Bananas **L: WGR** Cheese Pizza Steamed Green Beans Tropical Fruit Mix **S: WW** Wheat Thins and Applesauce	**13** **B: WW** Cinnamon Raisin Bagel and Sliced Peaches **L:** Black Bean and Cheese Burrito on **WW** Tortilla Fajita Vegetables Pineapple Tidbits **S:** Club Crackers and Cheese Cubes	**14** **B: WGR** Cereal and Grapes **L:** Beef Picadillo with Black Beans and **WG** Brown Rice Steamed Peas and Carrots Mandarin Oranges **S:** Yogurt Cups and **WGR** Granola	**15** **B:** Oatmeal and Raisins **L:** Broccoli, Cheese, and Chicken Casserole with **WW** Pasta Lemon-Blueberry Gelatin Cups **S: WG** Banana Muffins and Cream Cheese	**16** **B: WGR** Pancakes and Grapefruit **L:** Cheeseburger Sliders on **WW** Dinner Roll Oven Baked Fries Watermelon Slices **S: WGR** Graham Crackers and Dried Fruit Mix
19 **B: WGR** Cereal and Bananas **L:** Bean Chili with Red Beans and Navy Beans **WGR** Cornbread Honeydew Slices **S: WGR** Pita Chips and Hummus	**20** **B:** Belgian Waffles and Mixed Berries **L:** Tilapia Fish Tacos on **WW** Tortilla Cole Slaw Cantaloupe Slices **S:** Ritz Crackers and Mozzarella Cheese Sticks	**21** **B: WGR** Cereal and Mixed Fruit **L:** Turkey Meatloaf with Garlic Knots Butternut Squash Fresh Apple Slices **S: WG** Animal Crackers and Applesauce	**22** **B: WW** Toast and Sliced Pears **L:** Beef Cheesy Nachos on **WGR** Corn Tortilla Chips Black Beans Orange Slices **S:** Yogurt Cups and **WGR** Granola	**23** **CDC Closed for Parent Teacher Conferences**
26 **B: WGR** Cereal and Bananas **L:** Grilled Cheese Sandwich with **WW** Sliced Bread Steamed Cauliflower Apricot Slices **S: WGR** Corn Tortilla Chips and Vegetarian Bean Dip	**27** **B: WGR** French Toast Sticks and Mandarin Oranges **L:** Chicken Fajita Taco on **WW** Tortilla Fajita Vegetables Tropical Fruit Mix **S:** Spinach Dip with Pita Chips	**28** **B: WGR** Cereal and Sliced Peaches **L:** Turkey Lentil Casserole Cheddar Biscuits Grapes **S: WW** Wheat Thins and Cheese Cubes	**29** **B: WW** Pancakes and Warm Cinnamon Apples **L:** Cheesy Beef Enchilada Casserole with **WW** Tortillas Steamed Corn Mango-Lime Gelatin Cups **S:** Celery Sticks with Sun Butter and Raisins	**30** **B: WW** Bagels and Mixed Berries **L:** Breaded Chicken Tenders Sweet Potato Tots Honeydew Slices **S:** Pumpkin Muffins with Cream Cheese

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