



Egg Free & Cheese Free Menu

I.M. in RA

October 2026

Blue = HSCCs and EHSCCs
No color = All Classrooms
Orange = HS classrooms only, no CCCs

Monday

Tuesday

Wednesday

Thursday

Friday

2	Breakfast¹ WG Pancake (1) Peaches (1/2 c) Mozzarella Cheese Stick (1) DF Cheese Stick (1) Lunch¹ WG Chicken Tenders (2) Carrots (1/4 c=5 carrots) Pears (1/4 c) Snack² WG Graham Cracker (1/2 sheet) Applesauce (1/2 c)	28	Breakfast¹ WG Blueberry Muffin (1/2) Tropical Fruit (1/2 c) Lunch¹ Sunbutter Sandwich (1) Mozzarella Cheese Stick (1) DF Cheese Stick (1) Deli Turkey (2 slices) Cauli & Broc (1/4 c=4 pieces) Orange Slices (1/4 c = ½ orange) Snack² WG Tortilla Chips (7) Salsa (1/8 c) Pineapple (1/2 c)	29	Breakfast¹ WG English Muffin (1/2) Mango (1/2 c) Lunch¹ Beef Meatballs (4) (6) Shredded Cheese (1/8 c) DF Shredded Cheese WG Breadstick (1/2) Mashed Potatoes (1/4 c) Blackberries (1/4 c) Snack² WG Cheerios (1/2 c) Mixed Fruit Cocktail (1/2 c)	30	Breakfast¹ WG Toast (1 slice) Sweet Pot & Apples (1/2 c) Lunch¹ Chef Salad Diced Turkey (1/4 c) (1/2 c) Shredded Cheese (1/8 c) DF Shredded Cheese Romaine Spinach Salad (1/2 c) WG Flatbread (2 pieces) Pineapple (1/4 c) Snack² Ritz Crackers (5) Cheese Slice (1)	1	Breakfast¹ WG Waffle Sticks (2) Peaches (1/2 c) Lunch¹ WG Cheese Pizza (1) Mixed Vegetables (1/4 c) Strawberries (1/4 c) Snack² Cantaloupe (1/2 c) WG Bagel (1/2) Cream Cheese (extra)	2
3	Breakfast¹ WG Bagel (1/2) Mandarin Oranges (1/2 c) Egg Patty (1) Cream Cheese (extra) Lunch¹ WG Fish Nuggets (3) WG Bread Stick (1/2) Peas (1/4 c) Mixed Berries (1/4 c) Snack² WG Toast (1 slice) Peaches (1/2 c)	5	Breakfast¹ WG Pancake (1) Pineapple (1/2 c) Lunch¹ Chicken Roll Up WG Tortilla (1) Diced Chicken (1/4 c) Shredded Cheese (1/8 c) Cauliflower (1/4 c=4 pieces) Mixed Fruit Cocktail (1/4 c) Snack² Mozzarella Cheese Stick (1) Apple (1/2 c=1/2 apple)	6	Breakfast¹ WG Apple Cinn Muff (1/2) Pears (1) Lunch¹ WG Popcorn Chicken (8) Romaine Spinach Salad (1/2 c) Cantaloupe (1/4 c) Snack² WG Granola (1/8 c) Greek Vanilla Yogurt (1/4 c)	7	Breakfast¹ WG Biscuit (1/2) Tropical Fruit (1/2 c) Lunch¹ WG Beef Spaghetti (1/2 c) Shredded Cheese (1/8 c) Bell Pepper Slices (1/4 c=5 slices) Banana (1/4 c=1/2 banana) Snack² WG Snack Mix (1/2 c) Pea Pods & Carrots (1/2 c)	8	Breakfast¹ WG French Toast Sticks (2) Apricots (1/2 c) Lunch¹ Deli Turkey Slices (1) Cheese Slice (1) WG Flatbread (2 pieces) Romaine Spinach Salad (1/2 c) Peaches (1/4 c) Snack² WG English Muffin (1/2 muffin) Pizza Sauce (1/8 c) Shredded Cheese (1/8 c)	9
4	Breakfast¹ WG English Muffin (1/2) Strawberries (1/2 c) Mozzarella Cheese Stick (1) Lunch¹ BBQ Beef (1/2 c) WG Dinner Roll (1) Sweet Potato Hash (1/4 c) Tropical Fruit (1/4 c) Snack² WG Graham Cracker (1/2 sheet) Applesauce (1/2 c)	12	Breakfast¹ WG Toast (1 slice) Peaches (1/2 c) Lunch¹ Hardboiled Egg (1) WG French Toast Sticks (2) Cucumbers (1/4 c =5 slices) Orange Slices (1/4 c = ½ orange) Snack² WG Tortilla Chips (7) Salsa (1/8 c) Pineapple (1/2 c)	13	Breakfast¹ WG Blueberry Muffin (1/2) Apple (1/2 c=1/2 apple) Lunch¹ Bean Taco (1/4 c) WG Tortilla (1) Shredded Cheese (1/8 c) Romaine Spinach Salad (1/2 c) Mango & Berries (1/4 c) Snack² WG Cheerios (1/2 c) Mixed Fruit Cocktail (1/2 c)	14	Breakfast¹ WG Waffle Sticks (2) Sunshine Fruit (1/2 c) Lunch¹ Mediterranean Chicken (1) WG Breadstick (1/2) Carrots (1/4 c = 5 carrots) Halved Grapes (1/4 c) Snack² Ritz Crackers (5) Cheese Slice (1)	15	REACH-UP CLOSED	16
1	Breakfast¹ WG Biscuit (1/2) Mixed Berries (1/2 c) Yogurt (1/4 c) Lunch¹ WG Egg & Cheese English Muffin Sandwich (1) Peas and Carrots (1/4 c) Pears (1/4 c) Snack² WG Toast (1 slice) Peaches (1/2 c)	19	Breakfast¹ WG Pancake (1) Mandarin Oranges (1/2 c) Lunch¹ Deli Turkey (1 slice) Cheese Slice (1 slice) WG Tortilla (1) Cucumbers (1/4 c=5 slices) Mixed Fruit Cocktail (1/4 c) Snack² Mozzarella Cheese Stick (1) Apple (1/2 c=1/2 apple)	20	Breakfast¹ WG Bagel (1/2) Tropical Fruit (1/2 c) Cream Cheese (extra) Lunch¹ Bean Chili (1/2 c) Shredded Cheese (1/8 c) Saltine Crackers (4) Broccoli (1/4 c=4 pieces) Peaches (1/4 c) Snack² WG Granola (1/8 c) Greek Vanilla Yogurt (1/4 c)	21	Breakfast¹ WG French Toast Sticks (2) Applesauce (1/2 c) Lunch¹ Beef Patty (1) WG Bun (1) Pickles (extra) Coleslaw (1/4 c) Banana (1/4 c=1/2 banana) Snack² WG Snack Mix (1/2 c) Pea Pods & Carrots (1/2 c)	22	Breakfast¹ WG Apple Cinn Muffin (1/2) Pineapple (1/2 c) Lunch¹ WG Cheese and Black Bean Quesadilla (1) Tomato Slices (1/4 c) Blueberries (1/4 c) Snack² WG English Muffin (1/2 muffin) Pizza Sauce (1/8 c) Shredded Cheese (1/8 c)	23

HSCCs PM SNACK

Goldfish (1 pack) Mixed Fruit Cup (1)	Belvita Bar (1) Peach Cup (1)	Scooby Snacks Grahams (1 pack) Applesauce Cup (1)	Tortilla Chips (1 pack) Salsa Cup (1)	Kix Cup (1) Fresh Cut Oranges (1 pack)
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¹ Milk

Served daily with breakfast & lunch
1-yr-olds = 4 fl. oz. unflavored whole milk
2-yr-olds = 4 fl. oz. unflavored whole milk
3-5-yr-olds = 8 fl. oz. unflavored 1% milk

² Water served daily with snack

Condiments

Ranch = New bottle on Monday, return old bottle each Monday.
Syrup & Ketchup = Remain in classroom refrigerator, send empty bottle & pink condiment request card to kitchen when more is needed.
Butter = Store butter pats in classroom refrigerator, take out individual pats as needed daily, dispose of any unused butter at end of day. Send pink condiment request card to kitchen when more is needed.

CACFP Requirements

WG = Whole Grain-Rich
*One whole grain-rich item served daily.
Breakfast cereals and yogurt meet sugar limit.

Non-Discrimination Statement: "This institution is an equal opportunity provider."



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Friday

2	<u>Breakfast</u>¹ WG Pancake (1) Peaches (1/2 c) Mozzarella Cheese Stick (1) <u>Lunch</u>¹ WG Chicken Tenders (2) Carrots (1/4 c=5 carrots) Pears and Blueberries (1/4 c) <u>Snack</u>² WG Graham Cracker (1/2 sheet) Applesauce (1/2 c)	26	<u>Breakfast</u>¹ WG Blueberry Muffin (1/2) Tropical Fruit (1/2 c) <u>Lunch</u>¹ Sunbutter Sandwich (1) Mozzarella Cheese Stick (1) Cauli & Broc (1/4 c=4 pieces) Orange Slices (1/4 c = ½ orange) <u>Snack</u>² WG Tortilla Chips (7) Salsa (1/8 c) Pineapple (1/2 c)	27	<u>Breakfast</u>¹ WG English Muffin (1/2) Mango (1/2 c) <u>Lunch</u>¹ Beef Meatballs (4) Shredded Cheese (1/8 c) WG Breadstick (1/2) Mashed Potatoes (1/4 c) Blackberries (1/4 c) <u>Snack</u>² WG Cheerios (1/2 c) Mixed Fruit Cocktail (1/2 c)	28	29	30
ALL CLASSROOMS CLOSED								ALL CLASSROOMS CLOSED

HSCCCs PIM SNACK					
	Goldfish (1 pack) Mixed Fruit Cup (1)	Belvita Bar (1) Peach Cup (1)	Scooby Snacks Grahams (1 pack) Applesauce Cup (1)	Tortilla Chips (1 pack) Salsa Cup (1)	Kix Cup (1) Fresh Cut Oranges (1 pack)

¹Milk Served daily with breakfast & lunch 1-yr-olds = 4 fl. oz. unflavored whole milk 2-yr-olds = 4 fl. oz. unflavored whole milk 3-5-yr-olds = 8 fl. oz. unflavored 1% milk	Condiments Ranch = New bottle on Monday, return old bottle each Monday. Syrup & Ketchup = Remain in classroom refrigerator, send empty bottle & pink condiment request card to kitchen when more is needed. Butter = Store butter pats in classroom refrigerator, take out individual pats as needed daily, dispose of any unused butter at end of day. Send pink condiment request card to kitchen when more is needed.	CACFP Requirements WG = Whole Grain-Rich *One whole grain-rich item served daily. Breakfast cereals and yogurt meet sugar limit.
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