

October Nature and Science ~ Fun Facts			Thursday 10/1/2026	Friday 10/2/2026
Fall Foliage: October is peak season for autumn leaves turning bright red, orange, and yellow in the Northern Hemisphere.			All Beef Chili Dog with Shredded Cheese on WG Hot Dog Bun Diced Potatoes Corn Sliced Peaches & Strawberries 1% or Skim Milk	WG Spaghetti & Meat Sauce Honey Glazed Carrot Coins Zucchini & Tomatoes WG Breadstick/Marg Pineapple Tidbits 1% or Skim Milk
Turnip Ancestors: The very first jack-o'-lanterns for Halloween were made from carved turnips, not pumpkins.				
The Orionids meteor shower, created by debris from Halley's Comet, peaks during mid-October.				
Monday 10/5/2026	Tuesday 10/6/2026	Wednesday 10/7/2026	Thursday 10/8/2026	Friday 10/9/2026
Sweet & Sour Chicken Breast Broccoli Brown Rice Pilaf Cinnamon Raisin Bread/Marg Diced Peaches 1% or Skim Milk	BBQ Meatballs Potato Medley California Blend Vegetables WG Petite Roll/Marg Fudge Round or Diet Cookies 1% or Skim Milk	Sliced Roast Beef & Gravy Mashed Potatoes Diced Beets WG Dinner Roll/Marg Fresh Apple 1% or Skim Milk	Tortilla Chicken Breast Spanish Rice Country Blend Vegetables Marble Rye Bread/Marg Fruit Mix 1% or Skim Milk	Western Omelet in Cheese Sauce Potatoes O'Brien Blueberry Muffin Cinnamon Applesauce 1% or Skim Milk
Monday 10/12/2026	Tuesday 10/13/2026	Wednesday 10/14/2026	Thursday 10/15/2026	Friday 10/16/2026
Oven Fried Chicken Breast with Country Gravy Mashed Potatoes Diced Carrots WG Dinner Roll/Marg Sliced Pears 1% or Skim Milk	Cheese Ravioli in Pink Sauce Green Beans Brussels Sprouts Vienna Bread Slice/Marg Apricot Halves 1% or Skim Milk	Meatloaf with Brown Gravy Whipped Potatoes Mixed Vegetables Honey Wheat Bread/Marg Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Chicken Breast w/ Cordon Bleu Sauce Diced Potatoes Stewed Tomatoes WG Dinner Roll/Marg Tropical Fruit Mix 1% or Skim Milk	Beefy Stroganoff Mac Casserole Broccoli Mixed Greens Side Salad WG Breadstick/Marg Carmel Apple Bread Pudding or Sliced Apples 1% or Skim Milk
Monday 10/19/2026	Tuesday 10/20/2026	Wednesday 10/21/2026	Thursday 10/22/2026	Friday 10/23/2026
Chicken Fried Steak & Gravy Garlic Mashed Potatoes Country Blend Vegetables Vienna Bread Slice/Marg Choc. Chip Muffin or Diet Cookies 1% or Skim Milk	Honey Garlic Meatballs Diced Baby Red Potatoes Spring Blend Veggies WG Dinner Roll/Marg Sliced Peaches 1% or Skim Milk	Sliced Turkey with Gravy Mashed Potatoes Green Bean Casserole WG Petite Roll/Marg Rice Krispy Treat or Diet Cookies 1% or Skim Milk	Potato Crunch Fish Filet Diced Sweet Potatoes Chuckwagon Corn WG Dinner Roll/Marg Fresh Pear Tartar Sauce PC 1% or Skim Milk	Pulled Pork Sandwich Fiesta Bean Trio Peppers & Onions WG Coney Bun Applesauce 1% or Skim Milk
Monday 10/26/2026	Tuesday 10/27/2026	Wednesday 10/28/2026	Thursday 10/29/2026	Friday 10/30/2026
BBQ Chicken Breast Diced Sweet Potatoes Peas & Carrots WG Petite Roll/Marg Strawberries & Mandarins 1% or Skim Milk	National Potato Day Salisbury Steak with Brown Gravy Diced Baby Red Potatoes Green Beans WG Breadstick/Marg Fruit Cocktail 1% or Skim Milk	National Chocolate Day Pot Roast w/ Brown Gravy Ranch Whip Potatoes Honey Roasted Baby Carrots WG Dinner Roll/Marg Chocolate Pudding or Diet Pudding 1% or Skim Milk	National Oatmeal Day Chunky Chicken Pot Pie over Mashed Potatoes California Blend Veggies Vienna Bread Slice/Marg Oatmeal Cream Pie or Diet Cookies 1% or Skim Milk	Cheeseburger on WG Hamburger Bun Cheddar Cheese Slice w/ Lettuce, Tomato & Pickle Steakhouse Potato Salad Pumpkin Bread Slice or Diet Cookies 1% or Skim Milk

****These Meals may contain the following allergens: Peanut, Tree Nuts, Seafood, Shellfish, Soy, Eggs, Milk, Wheat, and Sesame Seeds****