

October Name and Trivia Fun Facts			Thursday 10/1/2026	Friday 10/2/2026
October is the 10th month of the year with 31 days, but its name comes from octo, the Latin word for eight. It was the eighth month in the early Roman calendar before January and February were added. Mismatched Meaning: It is the 10th month, but keeps an eighth-month name. No Shakespeare: William Shakespeare never once mentioned October in any of his plays or sonnets. October always begins on the same day of the week as January, except during leap years.			Ham & American Cheese on WG Bread w/ Lettuce & Tomato Broccoli Slaw Sliced Peaches & Strawberries 1% or Skim Milk	Turkey & Cheddar on Vienna Bread w/ Lettuce & Tomato Three Bean Salad Pineapple Tidbits 1% or Skim Milk
Monday 10/5/2026	Tuesday 10/6/2026	Wednesday 10/7/2026	Thursday 10/8/2026	Friday 10/9/2026
Egg Salad on Vienna Bread w/ Lettuce & Tomato Cowboy Caviar Diced Peaches 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad 100% Grape Juice WG Breadstick Fudge Round or Diet Cookie 1% or Skim Milk	Cranberry Pecan Chicken Salad on Croissant w/ Lettuce & Tomato Broccoli Salad Fresh Apple 1% or Skim Milk	Three Meat Hoagie w/ Ham, Pepperoni & Roast Beef on WG Hoagie Bun w/ Lettuce & Tomato Potato Salad Fruit Mix 1% or Skim Milk	Sliced Roast Beef & Cheddar on WG Bun w/ Lettuce & Tomato Cowboy Caviar 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
Turkey & Swiss on Rye Bread w/ Lettuce & Tomato Coleslaw Sliced Pears 1% or Skim Milk	Chicken Caesar Salad w/ Caesar Dressing Parm. Cheese & Croutons over Mixed Greens Salad Crackers(2pk) 100% Orange Juice Apricot Halves 1% or Skim Milk	Ham Salad on Vienna Bread w/ Lettuce & Tomato Pea Salad Decorated Birthday Cake or Plain Cake Square 1% or Skim Milk	Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad 100% Fruit Punch Crackers(2pk) Tropical Fruit Mix 1% or Skim Milk	BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Mixed Greens Salad Crackers(2pk)/Vegetable Juice 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
Turkey Pesto Club Sandwich on Vienna Bread Coleslaw Choc. Chip Muffin or Diet Cookies 1% or Skim Milk	Sliced Turkey & American Cheese on Hamburger Bun w/ Lettuce & Tomato Potato Salad Sliced Peaches 1% or Skim Milk	Ham Chef Salad Ham & Swiss Cheese Egg & Grape Tomatoes over Mixed Greens Salad 100% Orange Juice Crackers(2pks) Rice Krispy or Diet Cookie 1% or Skim Milk	Cobb Salad with Bacon, Ham, Diced Egg, Chicken, & Bleu Cheese Crumbles over Mixed Greens Salad 100% Apple Juice Crackers(2pkg) Fresh Pear 1% or Skim Milk	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes over Mixed Greens Salad Crackers(2pk) 100% Grape Juice 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
Roast Beef & Cheddar on Marble Bread w/ Lettuce & Tomato Coleslaw Strawberries & Mandarin 1% or Skim Milk	National Potato Day Turkey & Cheddar on WG Bread w/ Lettuce & Tomato Potato Salad Fruit Cocktail 1% or Skim Milk	National Chocolate Day Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Chocolate Pudding or Diet Pudding 1% or Skim Milk	National Oatmeal Day Classic Chef Salad Ham, Turkey, Diced Egg Amer Cheese & Grape Tomatoes over Mixed Greens Salad Fruit Punch/Crackers(2pk) Oatmeal Cream Pie or Diet Cookies/1% or Skim	Egg Salad on Vienna Bread w/ Lettuce & Tomato Three Bean 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				