

What's For Lunch & Snack?

EFCCA October 2026



All Meals Include:
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta
All Snacks Include:
100 % Fruit Juice or Water



			1	2
			Chicken Patties Whole Wheat Bun Potato Tots Chef's Choice Fruit Snack: Chef Choice	BBQ Meatballs Mixed Vegetables Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice

5	6	7	8	9
Cheese Ravioli, Meatballs w/marinara sauce, String Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Chicken Tenders & Fries Chef's Choice Fruit Snack: Chef Choice	Goulash w/Meat Marinara Sauce Corn Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Fish Nuggets & Corn Chef's Choice Fruit Snack: Chef Choice

12	13	14	15	16
Gravied Meatballs Corn Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Spaghetti w/Meat Marinara Sauce Mixed Vegetables Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Cheese Ravioli, Meatballs w/marinara sauce, String Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Chicken Nuggets Baked French Fries Chef's Choice Fruit Snack: Chef Choice

19	20	21	22	23
Chicken Patties Whole Wheat Bun Potato Tots Chef's Choice Fruit Snack: Chef Choice	BBQ Meatballs Corn Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Hot Dogs Baked Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice	Fish Nuggets & Potato Tots Chef's Choice Fruit Snack: Chef Choice	Cheese Ravioli, Meatballs w/marinara sauce, String Beans Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice

26	27	28	29	30
Chicken Nuggets Baked French Fries Chef's Choice Fruit Snack: Chef Choice	Hamburger Pattie Whole Wheat Bun Baked French Fries Chef's Choice Fruit Snack: Chef Choice	Fish Nuggets & Potato Tots Chef's Choice Fruit Snack: Chef Choice	Grill Cheese Whole Wheat Bread Potato Tots Snack: Chef Choice	Spaghetti w/Meat Marinara Sauce Mixed Vegetables Whole Wheat Bread Chef's Choice Fruit Snack: Chef Choice

What's For Breakfast?



EFCCA

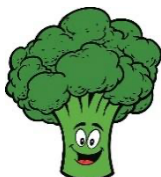
All Meals Include:
Milk & Whole Wheat Bread or Whole Grain Rice/Pasta

All Snacks Include:
100 % Fruit Juice or Water

October 2026



Monday



Tuesday



Wednesday



Thursday



Friday



			1	2
			Scrambled Eggs And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit

5	6	7	8	9
Chef's Choice of Cold Cereal & Fruit	Pancakes and Scrambled Eggs Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit	Oatmeal And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit

12	13	14	15	16
Chef's Choice of Cold Cereal & Fruit	Pancakes and Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit	Scrambled Eggs And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit

19	20	21	22	23
Chef's Choice of Cold Cereal & Fruit	French Toast And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit	Cream of Wheat And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit

26	27	28	29	30
Chef's Choice of Cold Cereal & Fruit	Waffles and Scrambled Eggs Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit	Oatmeal And Sausage Chef's Choice Fruit	Chef's Choice of Cold Cereal & Fruit