




October

Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		Breakfast Seasonal Muffins, Watermelon & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk Snack WG Strawberry Wafer Bar & Orange	Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Pears, Broccoli & Milk Snack Rice Krispie & Cantaloupe	Breakfast WG Pancakes, Cuties & Milk Lunch WG Rice, Beans, Apples, Tomato & Milk Snack String Cheese & Saltine Crackers
6	7	8	9	10
Breakfast WG Cereal, Pears & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk Snack Gogo Squeeze Yogurt & Oranges	Breakfast WG Oatmeal, Strawberries & Milk Lunch Cheese Quesadilla, Cauliflower, Apples & Milk Snack String Cheese & Watermelon	Breakfast Seasonal Muffins, Pineapple & Milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk Snack Gram Crackers & Grapes	Breakfast WG Toast with Jelly, Banana & Milk Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk Snack Cheez-it & Apple Sauce	Breakfast Butter Croissant, Orange & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack Ritz Crackers & Honey Dew
13	14	15	16	17
Breakfast WG Cereal, Banana & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk Snack Goldfish Crackers & Golden Melon	Breakfast Waffles, Cuties & Milk Lunch WG Grilled Cheese Sandwiches, Corn, Honey Dew & Milk Snack Nilla Wafers & Bananas	Breakfast Seasonal Muffins, Watermelon & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk Snack WG Strawberry Wafers Bar & Orange	Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Pears, Broccoli & Milk Snack Rice Krispie & Cantaloupe	Breakfast WG Pancakes, Cuties & Milk Lunch WG Rice, Beans, Apples, Tomato & Milk Snack String Cheese & Saltine Crackers
20	21	22	23	24
Breakfast WG Cereal, Pears & Milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Apples & Milk Snack Gogo Squeeze Yogurt & Oranges	Breakfast WG Oatmeal, Strawberry & Milk Lunch Cheese Quesadilla, Cauliflower, Apples & Milk Snack String Cheese & Watermelon	Breakfast Seasonal Muffins, Pineapple & Milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & Milk Snack Gram Crackers & Grapes	Breakfast WG Toast with Jelly, Banana & Milk Lunch WG Turkey Ham Sandwich, Orange, Cucumber & Milk Snack Cheez-it & Apple Sauce	Breakfast Butter Croissant, Orange & Milk Lunch WG Chicken Nuggets, Broccoli, Apples & Milk Snack Ritz Crackers & Honey Dew
27	28	29	30	31
Breakfast WG Cereal, Banana & Milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & Milk Snack Goldfish Crackers & Golden Melon	Breakfast Waffles, Cuties & Milk Lunch WG Grilled Cheese Sandwiches, Corn, Honey Dew & Milk Snack Nilla Wafers & Bananas	Breakfast Seasonal Muffins, Watermelon & Milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & Milk Snack WG Strawberry Wafer & Orange	Breakfast WG Bagel, Honey Dew & Milk Lunch Mac & Cheese, Pears, Broccoli & Milk Snack Rice Krispie & Cantaloupe	Breakfast WG Pancakes, Cuties & Milk Lunch WG Rice, Beans, Apples, Tomato & Milk Snack String Cheese & Saltine Crackers

Infants 6 Weeks to 5 Months 4-6 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch & Snack


Infants 6-11 Months 6-8 oz breast milk/Iron-Fortified Formula for Breakfast, Lunch (Food will be served in form of pureed, mashed, ground, or finely chopped) Snack 2-4 oz breast milk/Iron-Fortified Formula

Infants 12-24 months: Whole Milk Preschoolers: 2+ years 1% milk This institution is an equal opportunity provider by: USDA

Infants from 6 weeks -5 months drink
Breast milk or Formula Only



Infants from 6 months to 11 months drink
Breast milk or formula and purees

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Seasonal Muffins, Watermelon & formula or breast milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk Snack Bread, Orange & formula or breast milk	2 Breakfast WG Bagel, Honey Dew & formula or breast milk Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk Snack Yogurt melts, Cantaloupe & formula or breast milk	3 Breakfast WG Pancakes, Orange & formula or breast milk Lunch Beans with WG Brown Rice, Apples, & formula or breast milk Snack Teething Sticks, Honey dew & formula or breast milk
6 Breakfast Infant Cereal, Strawberries & formula/breast milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk Snack Bread, Oranges & formula/breast milk	7 Breakfast Cooked Oatmeal, Pears & formula or breast milk Lunch Cheese Quesadilla, Cauliflower, Apples & formula or breast milk Snack Yogurt melts, Watermelon & formula/breast milk	8 Breakfast Seasonal Muffins, Watermelon & formula or breast milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk Snack Teething Sticks, Orange & formula/breast milk	9 Breakfast WG Toast with Jelly, Banana & formula/breast milk Lunch Lentils with WG Brown Rice, Tomato, Orange, & formula/breast milk Snack Whipped Melts, Apple Sauce & formula/breast milk	10 Breakfast Butter Croissant, Cuties & formula or breast milk Lunch Hardboiled Egg with Bowtie Soup, Apple, Mix Vegetables & formula or breast milk Snack Teethers, Watermelon & formula or breast milk
13 Breakfast Infant Cereal, Banana & formula/breast milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk Snack Animal Crackers, Golden Melon & formula/breast milk	14 Breakfast Waffles, Cuties & formula or breast milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk Snack Lil Crunchies, Bananas & formula or breast milk	15 Breakfast Seasonal Muffins, Watermelon & formula or breast milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk Snack Bread, Orange & formula or breast milk	16 Breakfast WG Bagel, Honey Dew & formula or breast milk Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk Snack Yogurt melts, Cantaloupe & formula or breast milk	17 Breakfast WG Pancakes, Oranges & Formula/breast milk Lunch Beans with WG brown Rice, Apples & Formula/breast milk Snack Teething Sticks, Honey Dew & formula/breast milk
20 Breakfast Infant Cereal, Strawberries & formula/breast milk Lunch WG Spaghetti with Ground Turkey, Green Beans, Grapes & formula/breast milk Snack Bread, Oranges & formula/breast milk	21 Breakfast Cooked Oatmeal, Pears & formula or breast milk Lunch Cheese Quesadilla, Cauliflower, Apples & formula or breast milk Snack Yogurt melts, Watermelon & formula/breast milk	22 Breakfast Seasonal Muffins, Watermelon & formula or breast milk Lunch Lentils with WG Brown Rice, Tomato, Cantaloupe & formula/breast milk Snack Teething Sticks, Orange & formula/breast milk	23 Breakfast WG Toast with Jelly, Banana & formula/breast milk Lunch Lentils with WG Brown Rice, Tomato, Orange, & formula/breast milk Snack Whipped Melts, Apple Sauce & formula/breast milk	24 Breakfast Butter Croissant, Cuties & formula or breast milk Lunch Hardboiled Egg with Bowtie Soup, Apple, Mix Vegetables & formula or breast milk Snack Teethers, Watermelon & formula or breast milk
27 Breakfast Infant Cereal, Banana & formula/breast milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Mix Vegetables & formula/breast milk Snack Animal Crackers, Golden Melon & formula/breast milk	28 Breakfast Waffles, Cuties & formula or breast milk Lunch Hardboiled Egg with Bowtie Soup, Small Potato, Honey Dew & formula or breast milk Snack Lil Crunchies, Bananas & formula or breast milk	29 Breakfast Seasonal Muffins, Watermelon & formula or breast milk Lunch Turkey Stew with WG Rice, Mixed Vegetables, Orange & formula or breast milk Snack Bread, Orange & formula or breast milk	30 Breakfast WG Bagel, Honey Dew & formula or breast milk Lunch Turkey Stew with WG rice, mixed veggies, Pears & formula or breast milk Snack Yogurt melts, Cantaloupe & formula or breast milk	31 Breakfast WG Pancakes, Oranges & Formula/breast milk Lunch Beans with WG brown Rice, Apples & Formula/breast milk Snack Teething Sticks, Honey Dew & formula/breast milk

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breast milk ¹ or formula ²	6-8 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent infant cereal; ^{2,3} or 0-4 tablespoons: meat, fish, poultry, whole egg, cooked dry beans, peas, and lentils; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt; ⁴ or a combination of the above; ⁵ and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breast milk ¹ or formula ²	2-4 fluid ounces breast milk ¹ or formula; ² and 0-½ ounce equivalent bread; ^{3,7} or 0-¼ ounce equivalent crackers; ^{3,7} or 0-½ ounce equivalent infant cereal; ^{2,3} or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Information on crediting grain items may be found in FNS guidance.

⁴ Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

⁷ A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ.

⁸ Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.