



October 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
Breakfast			EGGO Waffles, Tropical Mangoes, Milk	Warm Blueberry Muffins, Banana, Milk	Whole Grain Cereal with Milk & Fruit Salad
Lunch			Fried Chicken Sandwich, Cooked Carrots, Pears, Milk Veggie: Veggie Patty Sandwich	Cheese Tortellini with Alfredo Sauce, Green Beans, Southern Peaches, Milk	Taco Day! Chicken and Cheese Tacos, Crispy Corn, Orange Slices, Milk Veggie: Veggie and Cheese Taco
PM Snack			Homemade Trail Mix, Orange Slices, Water	Vanilla Wafers, Apple Slices, Water (Applesauce Infant & Toddler)	Animal Crackers, Fruity Yogurt, Water
	6	7	8	9	10
Breakfast	Cheese Toast, Tropical Mixed Fruit, Milk	Cheese Hashbrowns & Milk	EGGO Waffles, Pineapple Tidbits, Milk	Buttermilk Pancakes, Southern Peaches, Milk	Mini Bagel with Cream Cheese, Seasoned Egg Patty, Water
Lunch	BBQ Chicken Nuggets, Crispy Corn, Southern Peaches, Milk Veggie: Veggie Nuggets	Garlic Butter Chicken Penne, Green Beans, Pears, Milk	Chicken and Cheese Quesadilla, Seasoned Black Beans, Mixed Fruit, Milk Veggie: Cheese Quesadilla	Grilled Cheese, Tomato Soup, Tropical Mangoes, Milk	Baked Macaroni and Cheese, Seasoned Green Beans, Tropical Mixed Fruit, Milk
PM Snack	Goldfish, Sweet Pineapple, Water	Vanilla Wafers, Fruity Yogurt, Water	Cheez-its, Apple Slices, Water (Applesauce Infant & Toddler)	Fig Newton Cookie, Fresh Banana, Water	Graham Crackers, Milk, Water
	13	14	15	16	17
Breakfast	EGGO Waffles, Sweet Peaches, Water	Egg & Cheese English Muffin & Milk	Cheerios w/ Milk, Fruit & Water	Cheese Biscuit, Turkey Sausage, Water Veggie: Veggie Patty	Animal Crackers, Fruity Yogurt, Milk
Lunch	Seasoned Chicken Patty, Mashed Potatoes, Sweet Peas, Mandarin Oranges, Milk Veggie: Veggie Patty	Bean and Cheese Burrito, Crispy Corn, Sweet Pineapple, Milk Veggie: Cheese Croissant	Creamy Chicken Casserole, Mixed Veggies, Tropical Mixed Fruit, Milk Veggie: Veggie Casserole	Pasta Day! Cheesy Ziti, Seasoned Green Beans, Sweet Peaches, Milk	Cheese Pizza, Corn, Fresh Banana, & Milk
PM Snack	Cheez-its, Mixed Fruit, Water	Saltine Crackers, American Cheese Slices, Water	Blueberry Muffin, Diced Mangoes, Water	Vanilla Wafers, Vanilla Pudding, Water	Goldfish, Apple Slices, Water (Applesauce Infant & Toddler)
	20	21	22	23	24
Breakfast	Buttermilk Pancakes, Fruit Salad, Milk	Egg & Cheese Breakfast Roll w/ Milk	Warm Croissants, Fresh Banana, Milk	French Toast Sticks, Tropical Mangoes, Milk	Animal Crackers, Fruity Yogurt, Milk
Lunch	Cheesy Spaghetti, Green Beans, Mandarin Oranges, Milk	Spanish Chicken & Rice Bake, Diced Carrots, Pineapple Tidbits, Milk Veggie: Veggie Patty	Turkey & Cheese Sandwich, Sweet Peas, Mixed Fruit, Milk	Veggie Alfredo, Sweet Green Peas, Pears, Milk	Chicken & Cheese Quesadilla, Crispy Corn, Orange Slices, Milk Veggie: Cheese Quesadilla
PM Snack	Ritz Crackers, American Cheese Slices, Water	Vanilla Wafers, Apple Slices, Water (Applesauce Infant & Toddler)	Goldfish, Sweet Oranges, Water	Sweet Potato Apple Crackers, American Cheese Slice, Water	Cheez-its, Applesauce, Water
	27	28	29	30	31
Breakfast	Whole Grain Cereal with Milk & Fruit	Animal Crackers, Apple Slices, Milk	EGGO Waffles, Tropical Mangoes, Milk	Graham Crackers, Sweet Pineapple, Water	Warm Blueberry Muffins, Banana Slices, Milk
Lunch	Chicken Nuggets, Crispy Corn, Mandarin Oranges, Milk Veggie: Veggie Nuggets	Cheese Quesadilla, Seasoned Mixed Veggies, Pineapple Tidbits, Milk	Chicken Tacos, Seasoned Green Beans, Tropical Mixed Fruit, Milk Veggie: Veggie and Cheese Biscuit	Baked Macaroni and Cheese, Sweet Peas, Pineapple Tidbits, Milk	Halloween! Cheddar Melts, Goblin Stew (Tomato Soup), Diced Carrots, Orange Slices, Milk
PM Snack	Vanilla Wafers, Fruity Yogurt, Water	Veggie Crackers, American Cheese Slice, Water	Graham Crackers, Tropical Mixed Fruit, Water	Croissants, American Cheese Slices, Water	Spooky Trail Mix, Sweet Pineapple, Water

CARRINGTON ACADEMY PRESCHOOL
Home of the Cheetahs