



October 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
Breakfast				Warm Blueberry Muffin, Bananas, Milk	Whole Grain Cereal, Pineapple, Milk
Lunch				Baked Macaroni and Cheese, Seasoned Diced Carrots, Sweet Peaches, Milk	Cheese Tortellini with Marinara Sauce, English Peas, Pears, Milk
PM Snack				Ritz Crackers, American Cheese Slices, Water	Vanilla Pudding, Vanilla Wafers, Water
	5	6	7	8	9
Breakfast	Cheese Toast, Tropical Fruit, Milk	Cheesy Hashbrowns, Milk	EGGO Waffle, Pineapple, Milk	Buttermilk Pancakes, Southern Peaches, Milk	Mini Bagel, Cream Cheese, Milk
Lunch	BBQ Chicken Sliders, Crispy Corn, Peaches, Milk Veggie- BBQ Veggie Sliders	Taco Tuesday! Chicken & Cheese Tacos, Black Beans, Mandarin Oranges, Milk Veggie- Cheese Taco	Garlic Butter Chicken Penne, Peas, Pears, Milk Veggie- Cheesy Penne	Cheese Pizza, Steamed Carrots, Tropical Mangoes, Milk	Cheesy Ziti, Seasoned Mixed Veggies, Pineapple, Milk
PM Snack	Sweet Potato Crackers, Pears, Water	Veggie Crackers, Fresh Cantaloupe, Water	Goldfish, Applesauce, Water	Vanilla Wafers, Apple Slices, Water Infants/Toddlers: Applesauce	Animal Crackers, Yogurt, Water
	12	13	14	15	16
Breakfast	Strawberry Yogurt, Granola, Milk	Whole Grain Cereal, Oranges, Milk	Banana Muffin, Pineapple, Milk	Egg & Cheese Toast, Milk	French Toast Sticks, Tropical Mangoes, Milk
Lunch	Seasoned Chicken Patty, Mashed Potatoes, Mandarin Oranges, Milk Veggie- Veggie Patty	Chicken and Cheese Quesadilla, Seasoned Mixed Veggies, Mixed Fruit, Milk	Creamy Chicken and Broccoli Rice, Sweet Peaches, Milk Veggie- Creamy Broccoli Rice	Fish Sticks, Baked Beans, Pineapple, Milk Veggie-Veggie Sticks	Baked Vegetarian Lasagna, Roasted Broccoli, Peaches, Milk
PM Snack	Soft Pretzel, Cream Cheese, Water	Saltine Crackers, American Cheese Slices, Water	Cheez-its, Sweet Peaches, Water Infants/Toddlers: Puffs	Fig Newton Bar, Bananas, Water	Veggie Crackers, Hummus, Water
	19	20	21	22	23
Breakfast	Buttermilk Pancakes, Fruit Salad, Milk	Warm Cheesy Croissants, Milk	Whole Grain Cereal, Pineapple, Milk	Cheese Toast, Banana, Milk	Creamy Blueberry Oatmeal, Milk
Lunch	Turkey and Cheese Sandwich, Cinnamon Carrots, Peaches, Milk Veggie- Cheese Sandwich	Chicken Nuggets, Crispy Corn, Pineapple, Milk Veggie- Veggie Nuggets	Cheese Tortellini with Marinara Sauce, English Peas, Pears, Milk	Grilled Chicken and Broccoli Alfredo, Apples, Milk Veggie- Broccoli Alfredo Pasta	Diced BBQ Chicken Sandwich, Crispy Corn, Orange Slices, Milk Veggie- BBQ Meatless Crumbles
PM Snack	Goldfish, Apple Slices, Water Infants/Toddlers: Applesauce	Graham Crackers, Sun Butter Dip, Water	Strawberry Yogurt, Granola, Water	Soft Pretzel, Cream Cheese, Water	Sweet Potato Crackers, Cream Cheese, Water
	26	27	28	29	30
Breakfast	Mini Bagel, Cream Cheese, Milk	French Toast Sticks, Warm Apples, Milk	EGGO Waffles, Tropical Mangoes, Milk	Fig Bar, Fresh Orange Slices, Milk	Apple Muffin Top, Banana, Milk
Lunch	Italian Pasta with Meatless Crumbles, Pears, Green Beans, Milk	Cheesy Broccoli Rice, Tropical Fruit, Milk	Chicken and Cheese Tacos, Black Beans, Pineapples, Milk Veggie- Vegetarian Tacos	Spanish Rice with Corn & Peas, Fresh Cut Apples, Milk	Halloween! Turkey & Cheese Melts, Goblin Stew (Tomato Soup), Oranges, Milk Veggie- Cheese Melts
PM Snack	Ritz Crackers, American Cheese Slices, Water	Animal Crackers, Yogurt, Water	Graham Crackers, Fresh Cantaloupe, Water	Homemade Trail Mix, Fresh Orange Slices, Water	Spooky Celebration Class Parties!

*Menu is subject to change

CARRINGTON ACADEMY PRESCHOOL
Home of the Cheetahs