



OCTOBER 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 B: Oatmeal, Banana L: Pack lunch for ADT D: Chili, Cornbread	2 B: Cereal, Strawberries L: Pack lunch for ADT D: Chicken Sandwich, Veggies	3 B: Bacon and Eggs L: Pack lunch for ADT D: Chicken Noodle Soup, Grilled Cheese	4 B: Quiche, Fresh Fruit L: Deli meat and cheese roll up w/ fruit D: Sloppy Joes and sweet potato fries
5 B: Turkey Omelet L: Stir fry, brown rice D: Italian wrap w/ Fruit	6 B: Bagel w/ PB L: Pack lunch for ADT D: Beef Nachos, refried beans	7 B: Cereal, Banana L: Pack lunch for ADT D: BBQ Brats, mac n cheese, Spinach	8 B: Yogurt and Granola L: Pack lunch for ADT D: Meatloaf, peas, potatoes	9 B: Oatmeal, blueberries L: Pack lunch for ADT D: Egg roll in a bowl, Fruit	10 B: Sausage and Eggs L: Pack lunch for ADT D: BBQ Chicken, potato salad, Baked Beans	11 B: Ham and Cheese Omelet L: Tuna Salad, celery D: Baked spaghetti, Bread Sticks
12 B: Sausage, egg, and Cheese Bagel L: Egg Salad, Chips D: Chicken & Dumplings	13 B: Cereal L: Pack lunch for ADT D: Homemade Chicken Pot Pie	14 B: Fruit and cottage cheese L: Pack lunch for ADT D: Crack Chicken and veggies	15 B: Oatmeal, banana L: Pack lunch for ADT D: Pork Chops, green beans, baked potato	16 B: Cereal L: Pack lunch for ADT D: Spaghetti with ground beef, Carrots, fruit	17 B: Bacon and eggs L: Pack lunch for ADT D: Tuna Casserole, pears	18 B: Quiche L: Soup, Fruit D: Loaded Baked Poato
19 B: Turkey Omelet L: Tortilla Pizza D: Broccoli cheese Soup, Crackers	20 B: English Muffin w/ PB L: Pack lunch for ADT D: Turkey Burgers, Veggie	21 B: Cereal, blueberries L: Pack lunch for ADT D: Smoked sausage, Potatoe, Cabbage	22 B: Yogurt and Granola L: Pack lunch for ADT D: Loaded Chili Cheese dogs, Tater rounds	23 B: Oatmeal, banana L: Pack lunch for ADT D: Pancakes , sausage links, eggs	24 B: Yogurt and Granola L: Pack lunch for ADT D: Shrimp Tacos w/ cilantro slaw, black beans	25 B: Cereal, strawberries L: Chicken Salad Sandwhich D: Baked Chicken and Veggies
26 B: Sausage and Eggs L: Chicken, Bacon, Ranch Salad D : Chili, cornbread	27 B: Sausage and Eggs L: Pack lunch for ADT D: Lemon Garlic Chicken, Broccoli, Peaches	28 B: Sausage, egg, and Cheese Muffin L: Pack Lunch for ADT D: Wings & Tater Tots	29 B: Cereal, fresh fruit L: Pack lunch for ADT D: Shrimp and cheesy grits, Zucchini	30 B: Fruit, Cottage cheese L: Pack lunch for ADT D: Pizza Chicken, broccoli	31 B: Ham and cheese omelet L: Pack Lunch For ADT D: Mummy Wrapped Hot Dogs (croissant rolls), Sweet potato fries	

