

OCTOBER 2026



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



