

Breakfast Rockford PY 26-27

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Diced Pears Fruit Cup Chocolate Chip Oatmeal Bar 2% Milk	2 No School
5 No School	6 Trix Cereal Bowl Applesauce 1/2c 2% Milk	7 Apple Slices WG Bug Bite Crackers 2% Milk Yogurt Cup	8 WG Cheerios Cereal Bowl Peaches Fruit Cup 2% Milk	9 Blueberry Mini Loaf (1) Pineapple Tidbits 2% Milk
12 Frosted Mini Wheats Pineapple Fruit Cup 2% Milk	13 Kix Cereal Bowl Applesauce 1/2c 2% Milk	14 Cinnamon Toast Crunch Cereal Bowl Peaches Fruit Cup 2% Milk	15 Blueberry Chex Cereal Bowl Diced Pears 1/2c 2% Milk	16 No School
19 Diced Pears Fruit Cup Chocolate Chip Oatmeal Bar 2% Milk	20 Peaches Fruit Cup Banana Bread Mini Loaf (1) 2% Milk	21 WG Cheerios Cereal Bowl Pineapple Fruit Cup 2% Milk	22 Cinnamon Toast Crunch Cereal Bowl Applesauce 1/2c 2% Milk	23 Kix Cereal Bowl Apple Slices 2% Milk
26 Blueberry Mini Loaf (1) Pineapple Fruit Cup 2% Milk	27 Kix Cereal Bowl Diced Pears Fruit Cup 2% Milk	28 Cinnamon Chex Cereal Bowl Applesauce 1/2c 2% Milk	29 WG Cinnamon Muffin (1) Peaches Fruit Cup 2% Milk	30 No School

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Snack Rockford PY 26-27

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Grape Juice Box Cinnamon Teddy Grahams Water	2 No School
5 No School	6 Strawberry Yogurt Simply Chex 2% Milk Water	7 Strawberry Kiwi Juice Box Tiny Twist Pretzels Water	8 Chocolate Scooby-Doo Graham Crackers 2% Milk Water	9 Cherry Cocoa Soft Baked Bar 2% Milk Water
12 Apple Juice Box WG Cheez-It Crackers Water	13 Mini Bites Blueberry Vanilla Bites 2% Milk Water	14 Grape Juice Box WG Goldfish Crackers Water	15 Blueberry Lemon Soft Baked Bar 2% Milk Water	16 No School
19 Harvest Cheddar SunChips 2% Milk Water	20 Blueberry Lemon Crispy Bites 2% Milk Water	21 Cinnamon Teddy Grahams 2% Milk Water	22 Cherry Cocoa Soft Baked Bar 2% Milk Water	23 Apple Juice Box Water Cheese Stick (1)
26 Cran/Raspberry Juice Box Tiny Twist Pretzels Water	27 Lemon Bread Slice 2% Milk Water	28 Tostitos Crispy Round Tortilla Chips 2% Milk Water	29 Grape Juice Box WG Animal Crackers Water	30 No School

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Head Start Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Portion Sizes Lunch: Grains – 1/2oz equivalents Fruit & Vegetable – ¼ cup each Meat/Meat Alt – 1.5oz Milk – ¾ cup ----- May serve 1 fruit and 1 veg or 2 veg to equal ½ cup ----- *Menu is subject to change *Medically indicated substitutions will be made upon completion of Medical Plan on Action *All milk is 1% unflavored milk *Water is available at all meals and throughout the day *Peanut and Tree nut free kitchen/facility *USDA is an equal opportunity provider, employer, and lender *USDA prohibits discrimination *CN labels available unless noted
			¹ Chicken Fajita, Cheese WG Shell Steamed Broccoli Pineapple Milk	No School	
⁵ No School	⁶ Salisbury Steak Bread/Margarine Steamed Corn Applesauce Milk	⁷ Breaded Fish Sticks Baked Beans Banana Milk	⁸ WG Spaghetti Sauce w/meat Shredded Cheese Green Beans Peaches Milk	⁹ Mini Cheese Pizza Steamed Cauliflower Pears Milk	
¹² Hamburger/ WG Bun Cheese slice Mixed Vegetables Mandarin Oranges Milk	¹³ Breaded Popcorn Chicken Bread/Margarine Baked Beans Pineapple Milk	¹⁴ Egg Cheese Omelet WG Mini Pancake Sweet Potato Tots Orange Slices Milk	¹⁵ Grilled Ham and Cheese Steamed Peas Applesauce Milk	¹⁶ No School	
¹⁹ WG Breaded Chicken Fries Green Beans Pears Milk	²⁰ Tangerine Chicken Stir Fry Rice w/Vegetables Mandarin Oranges Milk	²¹ WG Macaroni & Cheese Baked Beans Apple Slices Milk	²² Shredded Chicken WG Biscuit Steamed Corn Pineapple Milk	²³ Pizza Crunchers Steamed Broccoli Applesauce Milk	
²⁶ WG Breaded Popcorn Chicken Cornbread Steamed Peas Peaches Milk	²⁷ Sausage Patty French Toast Stick Mixed Vegetables Pears Milk	²⁸ Meatloaf Breadstick Green Beans Orange Slices Milk	²⁹ Chicken Fajita, Cheese WG Shell Steamed Carrots Mandarin Oranges Milk	³⁰ No School	

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