

OCTOBER BREAKFAST CALENDAR 2026 (IEP Hot-Cold)

BLESSED KITCHEN LLC

WHITE or Chocolate Milk Included

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	5 Flavored Craisins 100% Assorted Juice WGR Strawberry Pop Tart WGR Honey Graham Crackers	6 Peaches WGR Breakfast Sandwich	7 Pineapples WGR French Toast	8 Mandarin Oranges WGR Cocoa Puff Bar	2 Tree Top Apple 100% Assorted Juice WGR Trix Bar WGR Honey Graham Crackers
2	12 Flavored Craisins 100% Assorted Juice WGR Strawberry Pop Tart WGR Honey Graham Crackers	13 Mandarin Oranges WGR Chocolate Muffins Cheese Sticks	14 Pineapples Pancakes	15 Apple WGR Cinnamon Toast Crunch Bar	9 Tree Top Apple 100% Assorted Juice WGR French Toast Eggo WGR Honey Graham Crackers
3	19 Tree Top Apple 100% Assorted Juice WGR Cinnamon Toast Crunch Bar WGR Honey Graham Crackers	20 Peaches WGR Mini Bagel Cream Cheese and Strawberry	21 Apple WGR Croissant	22 Pineapples WGR Zee Zee Soft Bar	16 Tree Top Apple 100% Assorted Juice WGR Trix Bar WGR Honey Graham Crackers
4	26 Tree Top Apple 100% Assorted Juice WGR French Toast Eggo Kits WGR Cheez Its	27 Apple WGR Banana Muffin Cheese Sticks	28 Peaches WGR Mini Pancakes	29 Mandarin Oranges WGR Zee Zee Bar	23 Tree Top Apple 100% Assorted Juice WGR Trix Bar WGR Honey Graham Crackers
1					30 Tree Top Apple 100% Assorted Juice WGR Trix Bar WGR Honey Graham Crackers

OCTOBER LUNCH CALENDAR 2026

BLESSED KITCHEN LLC

This institution is an equal opportunity Provider

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3				1 Chicken Tenders WGR Roll Mandarin Oranges Corn	2 Cheese Pizza Diced Pears Salad w/ Romaine Ranch
4	5 Cheeseburger Mac/Cheese Diced Pears Steamed Carrots	6 Turkey and Cheese Subs WGR Subs Mandarin Oranges Corn	7 Baked Ziti Roll (9-12 only) Peaches Mixed Vegetables	8 Chicken and Yellow Rice Pineapples Black Beans	9 Cheese Pizza Diced Pears Caesar Salad/w Romaine Ranch
5	12 BBQ Meatballs WGR Subs Mandarin Oranges Steamed Carrots	13 Taco WGR Tortillas Pineapples Shredded Romaine Red Beans	14 Chicken Tenders WGR Roll Pears Corn	15 Spaghetti Peaches Rolls(9-12 ONLY) Green Beans	16 Cheese Pizza Mandarin Oranges Salad w/Romaine Ranch
6	19 Chicken Alfredo Mandarin Oranges Steamed Carrots	20 Taco WGR Tortillas Diced Pears Shredded Romaine Black Beans	21 Breaded Chicken Patty WGR Bun Pineapples Corn	22 Chicken and Yellow Rice Peaches Green Beans	23 Cheese Pizza Mandarin Oranges Caesar Salad w/ Romaine
1	26 Lemon Pepper Drumsticks WGR Rice Pineapples Sweet Peas	27 Cheeseburger Mac/Cheese Diced Pears Mixed Vegetables	28 Cheeseburger WGR Bun Mandarin Oranges Baked Beans	29 Meatballs WGR Rice Peaches Steamed Carrots	30 Cheese Pizza Pineapples Salad w/ Romaine Ranch

OCTOBER SNACK CALENDAR 2026

BLESSED KITCHEN LLC

WHITE OR Chocolate Milk Included

This institution is an equal opportunity Provider.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1				1 Zee Zee Birthday Cake Graham Cheese Sticks	2 Milk Chocolate Muffin
2	5 Whole Grain Goldfish Cheese Sticks	6 100% Assorted Juice 100% Whole Grain Cheese Crackers	7 Apple Whole Grain Cinnamon Graham Crackers	8 100% Assorted Juice WGR Pepperidge Farm Giant Goldfish Graham -Vanilla	9 Milk WGR Graham Crackers- Plain
3	12 100% Assorted Juice 100% Whole Grain Doritos	13 100% Assorted Juice 100% Whole Grain Cheetos	14 WGR Scooby Graham Crackers Cheese Sticks	15 Milk Chocolate Bear Graham Crackers	16 Apple Whole Grain Cheese Crackers
4	19 Pears Whole Grain Pretzels	20 100% Assorted Juice Whole Grain Cheese Crackers	21 100% Assorted Juice Whole Grain Cheez Its	22 Whole Grain Beuna Vista Foods Fudge Cheese Sticks	23 Milk Goldfish Cinnamon Graham Crackers
1	26 Pretzels Cheese Sticks	27 100% Assorted Juice Whole Grain Cool Ranch Doritos	28 100% Assorted Juice Whole Grain Cheese Crackers	29 Zee Zee Birthday Cake Graham Cheese Sticks	30 Milk Chocolate Muffin