



Fall Menu 2026

October 12-December 21



BS"D

WEEK 1

Monday

Chilly Mac

Pinto Beans
Elbow Noodles
Crushed
Tomatoes
Green Salad
w/onion vinaigrette

Tuesday

Lotsa Latkas

Baked Herbed
Eggs
Latkas
Peas
Applesauce

Wednesday

Gobble, Gobble

Tofurkey Slices
Pumpkin Bread
Cranberry Sauce
Garlicky Green
Beans

Thursday

Super Power Bowls

Chickpeas
Quinoa
Craisins
Butternut Squash
Kale

Friday

Verde Vibes

Cheese
w/spinach
Corn Tortillas
Roasted Corn
Olives

WEEK 2

Monday

SOUP-er Yummy

White Beans
French Bread
Carrots, Cabbage,
Onion, Zucchini
Pears

Tuesday

Teriyaki Tuesday

Tofu
w/teriyaki sauce
Brown Rice
Broccoli
Cuties

Wednesday

Little Lemon Fin

Lemon Garlic
Tilapia
Couscous
Zucchini
Bell Peppers

Thursday

Brunch Time!

Meat-less Breakfast
Sausage
Oatmeal
w/maple syrup
Bananas
Potatoes

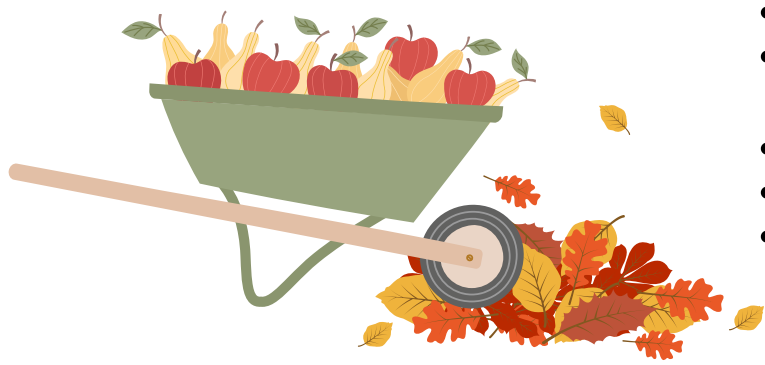
Friday

Brrrrrito Bowls

Black Beans &
Feta Cheese
Cilantro Rice
Avocado Mash
Salsa

ALL lunches include:

- 1 Protein
- 1 Grain
- 2 Fruits/Vegetables



Each Snack consists of one grain

- Whole Grain Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels or Pretzel Thins
- Veggie Straws and/or Apple Straws
- Corn Tortilla Chips

.....each snack consists of one fruit

- apples, oranges, bananas, pears, etc.
- unsweetened applesauce
- raisins



****If your child is allergic to any of the items on our menu, please tell your child's teacher right away!***

