Xplor preschool & school age

October 2026 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28	29	30	1	2
Breakfast	Chef's Choice, Fruit, Milk	Apple Muffins, Strawberries, Milk	Fruit & Oat Bar, Apples, Milk	French Toast Sticks, Peaches, Milk	Professional Development Day School Closed
Lunch	Fish Sticks, Sweet Peas, Apricots, Milk	Turkey Tacos, Spanish Rice, Pears, Milk	Chicken Nuggets, Corn, Tropical Fruit, Milk	Cheeseburger, Tater Tots, Peaches, Milk	
PM Snack	Chef's Choice, Water	Yogurt, Vanilla Wafer, Water	Cucumber, Ranch, Water	Wheat Crackers, Cheese, Water	
	5	6	7	8	9
Breakfast	French Toast Sticks, Pears, Milk	Yogurt, Mangos, Milk	Banana Muffins, Peaches, Milk	Pancakes, Cinnamon Apples, Milk	Cereal, Banana, Milk
Lunch	Cheese Ravioli, Peas, Tropical Fruit, Milk	Chicken Ranch Wrap, Carrots, Apricots, Milk	Chicken n Rice, Green Beans, Mandarin Oranges, Milk	Sunbutter & Jelly Sandwich, Tater Tots, Apple Slices, Milk	Meatloaf, Mixed Veggies, Mixed Fruit, Milk
PM Snack	Crackers, Cheese Slices, Water	Pretzel w/ Cheese Sauce, Water	Apples w/ Sunbutter, Water	Yogurt w/ Fruit & Water	Fruit & Grain Bar, Water
	12	13	14	15	16
Breakfast	Apple Muffins, Fruit, Milk	Yogurt, Mangos, Milk	Oatmeal, Cinnamon Apples, Milk	Waffles, Fruit, Miilk	Cereal, Banana, Milk
Lunch	Mac n Cheese, Green Beans, Peaches, Milk	Chicken Teriyaki, Noodles, Broccoli Mix, Pineapple, Milk	Chicken Nuggets, Baked Beans, Mandarin Oranges, Milk	Sloppy Joes, Tater Tots, Tropical Fruit, Milk	Chef's Choice
PM Snack	Pizza Crackers, Water	Graham Crackers w/ Dip, Water	Oranges, Oyster Crackers, Water	Veggie Crackers, Cheese, Water	Chocolate chip muffins, Milk
	19	20	21	22	23
Breakfast	Cinnamon Toast, Fruit, Milk	English Muffins, Fruit, Milk	Oatmeal Bar, Pears, Milk	French Toast, Tropical Fruit, Milk	Cereal, Banana, Milk
Lunch	Eggrolls, Veggie Rice, Pineapple, Milk	Turkey Taco, Black Beans Mix, Pears, Milk	Chicken Mashed Potato Bowl, Gravy, Corn, Pears, Milk	Grilled Turkey Cheese W/ Tomato Soup, Mixed Veggie, Pears, Milk	Spaghetti, Green Beans, Tropical Fruit, Milk
PM Snack	Goldfish, Juice	Yogurt, Fruit, Milk	Apples w/ Sunbutter, Water	Cantaloupe, Crackers, Watter	Pudding, Animal Crackers, Water
	26	27	28	29	30
Breakfast	Chef's Choice, Fruit, Milk	Blueberry Muffins, Peaches, Milk	Brown Sugar Oatmeal, Apple Slices, Milk	Bagels w/ Strawberry Cream Cheese, Milk	Cereal, Banana, Milk
Lunch	Chef's Choice, Veggie, Fruit, Milk	Chicken Fajita Wrap, Refried Beans, Apricots, Milk	Chicken Nuggets, Carrots, Mandarin Oranges, Milk	Chicken Alfredo, Salad, Peaches, Milk	Pizza, Corn, Tropical Fruit, Milk
PM Snack	Chef's Choice, Water	Pizza Crackers, Juice	Oranges, Oyster Crackers, Water	Cucumber, Hummes, Water	Crackers, Cheese, Water

Subject to Change