

# OCTOBER 2026

## Child Development Center

**MARINE**  
*Family*  
Child and Youth Programs

### Monday

| Breakfast: | 1-2     | 3-5         | 6+        | Lunch      | 1-2     | 3-5        | 6+       | Snack | 1-2     | 3-5        | 6+       |
|------------|---------|-------------|-----------|------------|---------|------------|----------|-------|---------|------------|----------|
| Milk       | 1/2 cp  | 3/4 Cp      | 1cp       | Milk       | 1/2 cp  | 3/4 cp     | 1cp      | Milk  | 1/2cp   | 3/4cp      | 1cp      |
| Grain      | 1/2oz.  | 1/2oz. Eq.  | 1 oz. Eq. | Grain      | 1/2 oz. | 1/2 oz Eq. | 1 oz Eq. | Grain | 1/2 oz. | 1/2 oz Eq. | 1 oz Eq. |
| Fruit      | 1/2 oz. | 1/2 oz. Eq. | 1 oz. Eq. | Fruit      | 1/4 oz  | 1/2 cp.    | 1/2 cp.  | Fruit | 1/4 oz  | 1/2 cp     | 3/4cp    |
|            |         |             |           | Vegetables | 1/4 cp  | 1/2 cp     | 1/2 cp.  | Meat  | 1 oz    | 1.5 oz     | 2 oz     |
|            |         |             |           | Meat       | 1oz     | 1.5 oz     | 2 oz     |       |         |            |          |

**Kix Cereal**, Mixed Fruit, Milk **5**

Chili w/**Brown Rice**, Corn, Orange Slices, Milk

**Saltine Crackers**, Applesauce, Water

Teddy Grahams, Water

Week 5

Kix Cereal, Mandarin Oranges, Milk **12**

Chicken Nuggets, **Brown Rice**, Corn/Carrots, Pineapple Chunks, Milk

Ritz Cracker, Sliced Cheese, Water

Graham Crackers, Water

Week 1

**Cheerios**, Peaches, Milk **19**

Macaroni & Cheese, w/Ham, Green Bean, Mixed Fruit, Milk

Cottage Cheese, Pineapple, Water

**Wheat Thins**, Water

Week 2

Rice Chex Cereal, Diced Pears, Milk **26**

**Teriyaki Burger on Whole Grain Bun**, French Fries, Mandarin Oranges, Milk

Assorted Crackers, Yogurt, Water

Wheat Thins, Water

Week 3

### Tuesday

Bagels & Cream, Cheese, Pineapple Chunks, Milk **6**

Chicken Patty Sandwich on **Whole Grain Bun**, Lettuce, Tomato, Applesauce, Milk

**Graham Crackers**, Peaches, Water

Cheese Nips, Water

**Whole-Grain Cinnamon Toast**, Applesauce, Milk **13**

Beef & Macaroni, Broccoli, Orange Slices, Milk

Bagels, Cream Cheese, Grape Juice/Milk

Saltine Crackers, Water

Yogurt & Granola, Bananas, Milk **20**

Beef/Cheese & Rigatoni, Peaches, Broccoli, **Whole Grain Bread**, Milk

Saltine Cracker, Melon Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Orange, Milk **27**

Kalua Pork & Cabbage, **Brown Rice**, Pineapple, Milk

**Graham Crackers**, Cantaloupe, Water

Goldfish Crackers, Water

### Wednesday

Sausage Patty Biscuits & Peaches, Milk **7**

**Sunbutter & Jelly Sandwich on Whole Grain Bread**, Carrot Sticks, Banana, Milk

Taco Chips/Soft Tortilla, Cottage Cheese, Banana, Milk

Ritz Cracker, Water

Biscuit w/Jelly, Banana, Milk **14**

**Turkey Sandwich on Whole Grain Bread**, Lettuce & Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

Scrambled Eggs & Cheese, Pears, **Whole Grain Tortilla**, Milk **21**

Tuna Salad Sandwich on **Whole Grain Bread**, Cheese, Cucumber, Lettuce, Apple Slices, Milk

Goldfish Crackers, Mixed Fruit, Milk

Vanilla Wafer, Water

Cream of Wheat, Peaches, Milk **28**

**Turkey & Cheese Sandwich on Whole Grain Bread**, Lettuce & Tomato, Apple Slices & Milk

Cucumber Slices w/Ranch Dressing, Wheat Thins, Water

Assorted Crackers, Water

### Thursday

Waffles, Melon Slices, Milk **1**

Meat Loaf, Mashed Potatoes, **Whole Grain Bread**, Mixed Fruit, Milk

Graham Crackers, Yogurt, Water

Cheese Nips, Water

Week 4

**Oatmeal**, Pears, Milk **8**

Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread**, Milk

Cheese It, Pineapple, Water

**Graham Crackers**, Water

English Muffin w/Cheese, Pineapple, Milk **15**

Chicken & **Brown Rice**, Mixed Vegetables, Mandarin Oranges, Milk

**Graham Crackers**, Apples, Water

Cheese Nips, Water

**Oatmeal**, Mandarin Orange, Milk **22**

Taco Salad, Seasoned Beef, Lettuce & Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Sweet Bread Toast, Banana, Milk **29**

Shepherd's Pie, Mashed Potatoes, **Whole Grain Bread**, Broccoli, Pears, Milk

Raisin Bread, Cream Cheese, Apple juice/Milk

Vanilla Wafers, Water

### Friday

Raisin Bread, Cream Cheese, Banana, Milk **2**

**Ham & Cheese Wrap w/Whole Grain Tortilla**, Lettuce & Tomato, Orange Slices, Milk

Carrot Stick with Ranch Dressing, Wheat Thins, water

Chicken N Biskit, Water

**Whole Grain-Cinnamon Toast**, Orange Slices, Milk **9**

Spaghetti with Meat Sauce, Tossed Salad Melon, Bread Sticks, Milk

Goldfish Crackers, Pear Slices, Water

Vanilla Wafer, Water

English Muffin w/Cheese, Pineapple, Milk **16**

**Grilled Ham & Cheese on Whole Grain Bread**, Pea Slices, Veggie Sticks, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafer, Water

Waffles, Applesauce, Milk **23**

Teriyaki Chicken, **Brown Rice**, Mixed Vegetable, Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

**Graham Crackers**, Water

French Toast, Applesauce, Milk **30**

**Egg Salad Sandwich on Whole Grain Bread**, Lettuce & Tomato, Oranges Slices, Milk

Chic 'n' Biscuit Crackers, Melon Slices, Water

Cheese Nip, Water

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