

**REMEMBER ALL EARLY HEAD START CLASSROOMS FOOD HAS TO BE DICED, CHOPPED
FRESH BERRIES SOFTENED/NO GRAPES/NO SALAD
FAYETTE COUNTY CHILD DEVELOPMENT INC.**

OCTOBER 2026 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ 1.5 oz meatballs Whole wheat roll ½ c mixed veggies ½ c applesauce 6 oz milk	² 1.5 oz mac and cheese ½ c baked beans ½ c strawberries 6 oz milk
⁵ 1.5 oz chicken quesadilla (lettuce and salsa) ½ c pineapple tidbits 6 oz milk	⁶ 1.5 oz chicken parmesan w/ whole wheat pasta ½ c broccoli ½ c pears 6 oz milk	⁷ 1.5 oz roast turkey ½ c brown rice ½ c mixed vegetables ½ c strawberries 6 oz milk	⁸ 1.5 oz pepperoni pizza 1.5 oz salad (green beans for EHS) ½ c peaches 6 oz milk	⁹ 1.5 oz chicken patty Whole wheat roll 1 oz oven baked fries ½ c mandarin oranges 6 oz milk
¹² 1.5 oz BBQ pulled chicken ½ c baked beans ½ c cooked apples Whole wheat bun 6 oz milk	¹³ 1.5 oz Turkey and cheese roll up on whole wheat tortilla ½ c carrots ½ c sliced apples 6 oz milk	¹⁴ 1.5 oz Salisbury steak w/gravy Whole wheat roll ½ c mashed potatoes ½ c diced pears 6 oz milk	¹⁵ 1.5 oz pork chop ½ c mashed potatoes ½ c green beans ½ c applesauce 6 oz milk	¹⁶ NO SCHOOL STAFF TRAINING DAY
¹⁹ 1.5 oz chicken nuggets Whole wheat roll ½ c broccoli ½ c mandarin oranges 6 oz milk	²⁰ 1.5 oz mac and cheese ½ c peas ½ c pears 6 oz milk	²¹ 1.5 oz sloppy joe on whole wheat bun ½ c corn ½ c applesauce 6 oz milk	²² 1.5 oz cheeseburger on whole wheat bun ½ c cooked carrots ½ c pineapple tidbits 6 oz milk	²³ 1.5 oz corn dog ½ c baked beans ½ c strawberries 6 oz milk
²⁶ 1.5 oz Spaghetti w/ meat sauce Whole wheat pasta 1.5 oz salad (green beans for EHS) ½ c pears 6 oz milk	²⁷ 1.5 oz baked ham ½ c sweet potato fries ½ c mixed veggies ½ c peaches 6 oz milk	²⁸ 1.5 oz chicken stir fry w/California blend veggies ½ c brown rice ½ c pineapple tidbits 6 oz milk	²⁹ 1.5 oz beef stew ½ c veggies Whole wheat roll ½ c mixed fruit 6 oz milk	³⁰ LAST FRIDAY OF THE MONTH NO SCHOOL