

Co-op Family Center October 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
10/6 Breakfast: Corn chex, bananas, milk Lunch: Quick bake potatoes, rolls, cheese stick cantaloupe, milk Snack: Peanut butter dip, pretzels, water	10/7 Breakfast: Pumpkin waffles, applesauce, milk Lunch: Grilled cheese sandwich, roasted potatoes, honeydew, milk Snack: Black bean hummus, homemade tortilla chips, water	10/8 Breakfast: Egg & cheese sandwich bites, oranges, milk Lunch: Chimichangas, sweet potatoes, watermelon, milk Snack: Blueberry muffins, milk	10/9 Breakfast: Yogurt, mixed berries, milk Lunch: Fried rice, tofu bites, broccoli, pineapple, milk Snack: Carrots, cheese slices, milk	10/10 Breakfast: Applesauce pancakes, blueberries, milk Lunch: Easier than lasagna, green beans, grapes, milk Snack: Mandarin oranges, baby bel cheese, water
10/13 Breakfast: Kix cereal, Bananas, milk Lunch: Cheese & bean quesadillas, zucchini, cantaloupe, milk Snack: Cheese ball, wheat thins, milk	10/14 Breakfast: Sweet potato pancakes, applesauce, milk Lunch: Pizza, garden salad, pineapple, milk Snack: Carrots, celery, bell peppers, dip, milk	10/15 Breakfast: Bagels, cream cheese, blueberries, milk Lunch: One step rice, broccoli, honeydew, milk Snack: Pizza bites, milk	10/16 Breakfast: Mini vegetable frittatas, oranges, milk Lunch: Black bean stew, cornbread, shredded cheese, pears, milk Snack: Apples, peanut butter, water	10/17 Breakfast: Blueberry pancakes, mixed berries, milk Lunch: Lasagna, delicata squash, watermelon, milk Snack: Pumpkin bread, milk
10/20 Breakfast: Cheerios, bananas, milk Lunch: Easy bake rigatoni, carrots, cantaloupe, milk Snack: Cottage cheese, peaches, water	10/21 Breakfast: Egg & cheese pita bites oranges, milk Lunch: Tacos; corn tortillas, pinto beans, cheese, coleslaw, watermelon, milk Snack: Kale dip, triscuits, water	10/22 Breakfast: Waffles, mixed berries milk Lunch: Red lentil dahl, naan bread, cheese stick, honeydew, milk Snack: Cheese biscuits, milk	10/23 Breakfast: Cream of wheat, blueberries, milk Lunch: Garden curried rice, tofu bites, pineapple, milk Snack: Yogurt, strawberries, water	10/24 Breakfast: Pumpkin pancakes, applesauce, milk Lunch: Tempeh sloppy joes, slider buns, veggie potato salad, pears, milk Snack: Zucchini bread, milk
10/27 Breakfast: “Life” cereal, Bananas, milk Lunch: Black bean bake, tortilla roll-ups, sweet potatoes, honeydew, milk Snack: Trail mix, apple juice	10/28 Breakfast: Potato cheese pitas, applesauce, milk Lunch: Arroz con queso, pinto beans, zucchini, cantaloupe, milk Snack: Strawberries, grapes, kiwi, dip, milk	10/29 Breakfast: Banana pancakes, blueberries, milk Lunch: Pan fried noodles, tofu bites, broccoli, pineapple, milk Snack: Celery, raisins, peanut butter, water	10/30 Breakfast: Breakfast burritos, oranges, milk Lunch: Three sisters stew, cornbread, cheese stick, watermelon, milk Snack: Bean dip, pita chips, water	10/31 Breakfast: Oat fruit squares, mixed berries, milk Lunch: Mac & cheese, peas corn & carrots, pears, milk Snack: Smoothies, pretzels, water

The Co-op is an equal opportunity employer