

**MEHP
October 2026**

			1	2
			Breakfast	Breakfast
			WG Mini Waffles Pear	WG Cini Mini Apple
			Lunch	Lunch
			WG Mini Pepperoni Calzones (beef) White Beans Marinara Banana	WG Chicken & Waffles Sweet Potato Fries Veggie Sticks Juice
5	6	7	8	9
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
WG Cereal Apple	WG Breakfast Cookie Pear	WG Mini French Toast Apple	WG Mini Waffles Pear	WG Cinnamon Roll Apple
Lunch	Lunch	Lunch	Lunch	Lunch
WG Popcorn Chicken Tots Baby Carrots WG Snack Grapes	WG Chicken Chili Crispito Pinto Beans Salsa Orange Wedges	WG Mozzarella Sticks Green Beans Marinara Cookie Peaches	WG Grilled Cheese Sandwich Corn Cucumber Slices Fruit Cocktail	WG Beef Ravioli Broccoli Celery Sticks String Cheese Juice
12	13	14	15	16
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
19	20	21	22	23
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
WG Donut Apple	WG Pancakes Pear	WG Banana Bread Apple	WG Mini Waffles Pear	WG Cini Mini Apple
Lunch	Lunch	Lunch	Lunch	Lunch
WG Chicken Nuggets Tots Baby Carrots WG Goldfish Crackers Applesauce Cup	WG Corn Dog (chicken) Broccoli Cucumber Slices WG Cookie Peaches	WG Mandarin Chicken Veggie Fried Rice Green Beans Mandarin Oranges WG Fortune Cookie	WG Mini Pepperoni Calzones (beef) White Beans Marinara Banana	WG Chicken & Waffles Sweet Potato Fries Veggie Sticks Juice
26	27	28	29	30
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
WG Cereal Apple	WG Breakfast Cookie Pear	WG Mini French Toast Apple	WG Mini Waffles Pear	WG Cinnamon Roll Apple
Lunch	Lunch	Lunch	Lunch	Lunch
WG Popcorn Chicken Tots Baby Carrots WG Snack Grapes	WG Chicken Chili Crispito Pinto Beans Salsa Orange Wedges	WG Mozzarella Sticks Green Beans Marinara Cookie Peaches	WG Grilled Cheese Sandwich Corn Cucumber Slices Fruit Cocktail	WG Beef Ravioli Broccoli Celery Sticks String Cheese Juice
** All menu items subject to availability from distributors ** Laughing Sprouts is an Equal Opportunity Employer				

Menu Week 3

Menu Week 1

Menu Week 2

Menu Week 3

Menu Week 1