



BREAKFAST

OCTOBER 2025

Beatrice Mayes Institute

Monday

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Diced Pears
Milk

6

Breakfast Pizza
Graham Crackers
Pineapple Chunks
Milk

13

Cowboy Bread
Graham Crackers
Sliced Peaches
Milk

20

Pop Tart
Graham Crackers
Diced Pears
Milk

27

Tuesday

Yogurt
Granola
Mixed Fruit
Milk

7

Pop Tart
Graham Crackers
Sliced Pears
Milk

14

Yogurt
Granola
Mixed Fruit
Milk

21

Cinni Mini
Graham Crackers
Diced Peaches
Milk

28

Wednesday

Muffin Top
Graham Crackers
Sliced Peaches
Milk

1

Kolache
Graham Crackers
Pineapple Tidbits
Milk

8

Cinni Mini
Graham Crackers
Sliced Apples
Milk

15

Mini Bagel w/
Strawberry Cream Cheese
Graham Crackers
Diced Pears
Milk

22

Turkey Sausage
Cheese Wrap
Graham Crackers
Pineapple Chunks
Milk

29

Thursday

Breakfast Pizza
Graham Crackers
Pineapple Chunks
Milk

2

Maple Pancake Sausage
Graham Crackers
Diced Peaches
Milk

9

Muffin Top
String Cheese
Mixed Fruit
Milk

16

Kolache
Graham Crackers
Pineapple Tidbits
Milk

23

Breakfast Pizza
Graham Crackers
Mixed Fruit
Milk

30

Friday

Cowboy Bread
Graham Crackers
Diced Peaches
Milk

3

Turkey Sausage
Cheese Wrap
Graham Crackers
Sliced Pears
Milk

10

Mental
Health
Day

17

Muffin Top
Graham Crackers
Sliced Peaches
Milk

24

Professional
Development
Day

31





OCTOBER 2025

Beatrice Mayes Institute

Monday

Tuesday

Wednesday

Thursday

Friday

Crispy Popcorn Chicken **1**
Steamed Broccoli
Blackeye Peas
Sliced Peaches
Milk

Chicken Tortilla Soup **2**
Celery Sticks
Spring Mixed Salad w/
Cherry Tomatoes
Pineapple Chunks
Milk

All American Cheeseburger **3**
Seasoned Fries
Petite Carrots
Diced Peaches
Milk

Golden Chicken Nuggets **6**
Sweet Potato Fries
Sweet Peas
Diced Pears
Milk

Braised Meatballs **7**
w/Sauce
Mashed Potatoes
Spinach
Mixed Fruit
Milk

Yummy Beef and Cheese Nachos **8**
Ranchero Bean
Spring Mixed Salad w/
Cherry Tomatoes
Pineapple Tidbits
Milk

Chic' Penne Pasta **9**
Green Beans
Corn
Diced Peaches
Milk

Texas Chili Dog **10**
Seasoned Fries
Celery Sticks
Sliced Pears
Milk

Cheesy Double Beef and **13**
Cheese Burrito
Refried Beans
Glazed Carrots
Pineapple Chunks
Milk

Homestyle Meatloaf **14**
w/Gravy
Scalloped Potatoes
Steamed Broccoli
Sliced Pears
Milk

Golden Chicken Tenders **15**
Mixed Vegetables
Spring Mixed Salad w/
Sliced Cucumbers
Sliced Apples
Milk

Classic Deli Turkey Sandwich **16**
w/Cheese
Celery Sticks
Petite Carrots
Mixed Fruit
Milk

Mental Health Day **17**

Sloppy Joe **20**
Seasoned Fries
Pinto Beans
Sliced Peaches
Milk

Asian Chicken Stir-Fry **21**
Glazed Carrots
Sweet Peas
Mixed Fruit
Milk

Monterey Beef Tacos **22**
Black Beans
Corn
Diced Pears
Milk

Classic Salisbury Steak **23**
w/Gravy
Scalloped Potatoes
Mustard Greens
Pineapple Tidbits
Milk

Classic Pepperoni Pizza **24**
Pinto Bean
Steamed Carrots
Sliced Peaches
Milk

Golden Chicken Sandwich **27**
Sweet Potato Fries
Mixed Vegetables
Diced Pears
Milk

Italian Spaghetti w/ **28**
Gr. Beef Meatsauce
Green Beans
Spring Mixed Salad w/
Cherry Tomatoes
Diced Peaches
Milk

Yummy Beef & Cheese Nachos **29**
Refried Beans
Steamed Broccoli
Pineapple Chunks
Milk

Chicken Alfredo w/Twist **30**
Sweet Peas
Spring Mixed Salad w/
Cherry Tomatoes
Mixed Fruit
Milk

Professional Development Day **31**

