



Vegetarian and vegan options are available for all meals • All meals come with fresh seasonal fruit or berries • Menu is subject to change depending upon vendor availability

October 2025 Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6		7 National Fluffernutter Day		9		10			
Mini Butter Croissant		Cinnamon Applesauce, Turkey Sausage Patty		Greek Yogurt Parfait with Granola		Buttered Sourdough Toast, Strawberry Jam		Cheesey Egg Bites	
Spinach & Cheddar Egg Bites		Mixed Berry Yogurt Smoothie		Corn Flakes, Sliced Fresh Banana		Coconut-Chia Pudding Cup, Mango & Dragonfruit		Toasted Mini Bagel, Whipped Cream Cheese	
BBQ Chicken, Roasted Cauliflower, Sweet Cornbread Muffin		Lemon Dill Salmon, Veggie Quinoa & Roasted Carrots		Veggie Pasta Alfredo, Garlic Bread Knot		Baked Potato Gnocchi, Chicken Sausage & Tomato		Apple Cider & Onion Baked Chicken, Wild Rice Pilaf & Sweet Potato	
Homemade Ranch Chex Mix & Cheddar Cheese Cubes		Veggie Spring Rolls, Sweet Soy		Sun Butter Fluffernutter Sandwich		Tempura Chicken Nuggets, Chic-fil-a Sauce		Orange-Greek Yogurt Muffin	
13		14		15		16 National Pasta Day		17	
Belgian Waffle, Citrus Berries & Whipped Cream		Coconut-Chia Pudding Cup		Avocado Toast, Everything Bagel Seasoning		Mixed Berry Smoothie		Apple Strudel Bites	
Rice Krispies, Dried Blueberries		Mini Cinnamon Roll, Cream Cheese Schmear		Cheesey Grits		Buttermilk Biscuit, Turkey Sausage Patty		Pinto Bean, Potato & Cheese Burrito	
Vegetable Fried Rice, Scrambled Egg & Fried Shallots		Mexican Lasagna with Ground Turkey, Corn Tortillas, Fiesta Corn		Baked Tuna Noodle Casserole		Green Chile Chicken Stew, Corn Tortillas & White Hominy		Spaghetti, Marinara Sauce & Turkey Meatballs	
Banana Cheesecake Pudding, Nilla Wafers		Poppyseed & Cranberry Chicken Salad, Whole Wheat Crackers		Pumpkin Cream Cheese Muffin		Roasted Red Pepper Hummus, Pretzels & Baby Carrots		Brazilian Cheese Bread, Guava Paste	
20 National Pumpkin Cheesecake Day		21		22		23		24	
French Toast, Maple Syrup		Scrambled Egg & Turkey Sausage Patty		Mini Bagel, Cream Cheese & Jam		Cheddar & Chive Egg White Bites		Agave Greek Yogurt & Fresh Fruit	
Tomato & Queso Fresco Egg Bites		Mini Blueberry Muffin, Chicken Sausage		Apple Strudel Bites		Cheerios Cereal, Sliced Fresh Banana		Cheesey Zucchini Muffin	
Garlic Chili Salmon, Coconut Rice & Cabbage		King Ranch Chicken Casserole, Roasted Broccoli		Creamy Vegetable Lasagna with Ricotta & Parmesan Cheeses		Coconut Curry Chicken, Garlic Jasmine Rice		Breaded Chicken Slider, Mac n' Cheese, Roasted Broccoli	
Naan Bread Cheese Pizza		No Bake Pumpkin Cheesecake Tarts		Turkey Corn Dogs, Ketchup		Buttery Cornflake Cookie		Tuna Salad with Cranberries, Crackers	
National Potato Day		28 National Oatmeal Day		2 Buy a Donut Day		30		31	
Pinto Bean, Potato & Cheese Burrito		Rice Krispies, Dried Blueberries		Cheesey Egg Bites		Mango-Strawberry Smoothie		Yogurt Parfait, Fruits & Granola	
Strawberry-Banana Smoothie		Cheddar & Chive Egg White Bites		Maple Brown Sugar Oatmeal		Mini Powdered Sugar Donuts		French Toast, Maple Syrup	
Loaded Baked Potato, Turkey Bacon, Sour Cream & Chive, Green Beans		Turkey Picadillo con Papas Tacos, Spanish Rice, Flour Tortilla		Jerk Chicken Thigh, Cilantro Rice & Beans		Lentil & Butternut Squash Stew with Kale, Wheat Pita Bread		Chicken Paprikash, Buttered Egg Noodles	
Roasted Patatas Bravas, Romesco Sauce		SW Black Bean Dip, Corn Tortilla Chips		Oatmeal Raisin Cookie		Charcuterie Plate w/Turkey Pepperoni, Cheese Cubes, Crackers		Pumpkin Spice Cupcakes, Frosting & Caramel	