GTA MENU for October 2026

October 5-9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cereal, Fresh Oranges Milk	Frozen Waffles, Fresh Apple Slices, Milk	Whole Grain Pancakes/Syrup, Fresh Oranges, Milk	Scrambled Eggs, WW Toast Orange slices Milk	Bagels with cream cheese Apple slices Milk
Lunch	Beef Spaghetti Roasted broccoli Banana Milk	Beef Nachos, Watermelon Fresh salad Milk	Butter Chicken, White Rice, Fresh Pears, Milk	Chicken Quesadillas, Corn, Fresh Apples, Milk	Hot Dogs. Baked Chips, Canned Pineapples, Milk
Snack	Yogurt and Crackers, Apple juice	Boiled Eggs, Orange Juice	Greek Yogurt and Fruit smoothie, WG Crackers	Biscuit w/Jelly sandwiches, Water	Animal crackers Fruit cups Water

October 12-16

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cheerios Apple slices Milk	Scrambled Eggs, WW Toast, Fresh Oranges, Milk	Frozen Waffles Fresh Oranges Milk	Yogurt Parfait with granola and berries Milk	Whole-grain pancakes fresh oranges, Milk
Lunch	Beef Turkish Pilaf, Salad, Apples, Milk	Taco Tuesday Fresh Salad, Milk	Egyptian Bechamel Pasta, Broccoli, Watermelon, Milk	Baked Fish and Rice, Fresh Salad, Grapes, Milk	Hot Dogs, Baked Chips, Bananas, Milk
Snack	Yogurt with Granola, Water	Graham Crackers, Canned pineapple chunks, water	PB & J sandwich Orange juice	WG English Muffin Pizza, apple juice	Cheese Sticks Fresh Apple Slices water

October 19-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	WG Cheerios Fresh mandarin Milk	Bagels with Cream Cheese, Strawberries Milk	Croissants, Strawberry Jam, Fresh Orange Slices, Milk	Frozen Pancakes, Fresh Grapes, Milk	Whole Grain Cereal (Honey Nut Cheerios), Fresh Oranges, Milk
	Chicken Pilaf, Salad Grapes Milk	Beef Nachos, Salad Watermelon Milk	Kofta Kabob Sandwich, French Fries Salad, Bananas, Milk	Chicken Wraps, Canned Pineapple, Green Beans, Milk	Beef Pasta, Fresh Salad Fresh Mandarins, Milk
Snack	Mini Pizza, Crackers Apple juice	Animal Crackers, Apple Juice	Cheese Sticks, Cantaloupe Slices	Cheese Quesadillas, Water	Graham Crackers with Vanilla yogurt, water

October 26-30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Multi-grain Cheerios Oranges Milk	Frozen Waffles Apple slices Milk	Bagels with Cream Cheese Strawberries Milk	Scrambled Eggs, WW Toast Fresh mandarin Milk	Croissants with Strawberry jam, Fresh Oranges, milk
Lunch	Turkish Beef Pilaf, Mixed Salad, Fresh Mandarins, Milk	Taco Tuesday Fresh Salad, Watermelon, Milk	Egyptian Bechamel Pasta, WW Toast, Pineapple Chunks, Milk	Lentil Soup, White Rice, Milk	Pizza, Roasted Broccoli, Canned mixed fruit, Milk
Snack	Animal Crackers Fruit cups	Peanut Butter and Jelly Sandwich, Milk	Cheese Sticks Crackers Apple juice	Chex Mix, Orange Juice	Animal Crackers, Fruit Cups