



Sprouts Early Learning Academy

October Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Week 1 & 3	Mini pancakes, oranges, milk	life cereal, bananas, milk	Waffles, blueberries, milk	bagels, applesauce, milk	Greek yogurt, strawberries, milk
Breakfast Week 2 & 4	Mini pancakes, oranges, milk	English muffin & peanut butter, milk	Waffles, blueberries, milk	Rice Krispies, applesauce, milk	Greek yogurt, strawberries, milk
Daily Snack	Pepperoni, cheese sticks	Trail mix, gogo applesauce	Goldfish, gogurt	apples,crackers	Simply Cheetos, craisins
	Monday	Tuesday	Wednesday	Thursday 10/1/2026	Friday 10/2/2026
				Walking tacos, corn, pineapple, milk	Tator tot casserole, green beans, peaches, milk
Lunch	10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
	Corndogs, carrots, grapes, milk	chicken strips, tater tots, melon, milk	Spaghetti w/ meat sauce, carrots, pineapple, milk	Softshell beef tacos, corn, mixed fruit, milk	pizza sticks, pears, green beans, milk
	10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
	Mac n Cheese, broccoli normany, berries,milk	french toast,sausage, pears, milk	cavatelli, green beans, mixed fruit, milk	Chicken lo mein, peas & carrots, pineapple, milk	Pepperoni pizza, broccoli w/ranch, peaches, milk
	10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026
	Cheeseburger, pickles, mixed fruit, milk	Ham & Cheese sliders, green beans, berries, milk	Chicken Fajitas, corn, peaches, milk	Tomato Soup, grilled cheese, pineapple, milk	Meatballs in sauce, garlic bread, melon, milk
	10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
	cheeseburger mac, cucumbers, apples milk	Chicken pot pie pasta, mixed veggies,pears,milk	Fish sticks, fries, oranges, milk	broccoli cheese soup, ham slices, pears, milk	Meat Ravioli, Cottage cheese, peaches, milk