



BRYAN'S EDUCATIONAL CENTER

October 2026 - Breakfast Menu

CACFP
WGR = Whole
Grain-Rich

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Banana Bread Mixed Fruit Cups 1% Low Fat Milk	2 Fresh Mini Croissants Bananas 1% Low Fat Milk
5 Cereal Applesauce 1% Low Fat Milk	6 Bran Muffins Bananas 1% Low Fat Milk	7 French Toast Sticks Strawberries 1% Low Fat Milk	8 Fresh Croissants Bananas 1% Low Fat Milk	9 WGR Whole-Wheat Toast Oranges 1% Low Fat Milk
12 SCHOOL CLOSED INDIGENOUS DAY	13 Cereal Oranges 1% Low Fat Milk	14 French Toast Sticks Strawberries 1% Low Fat Milk	15 Fresh Croissants Bananas 1% Low Fat Milk	16 WGR Whole-Wheat Toast Oranges 1% Low Fat Milk
19 Cereal Applesauce 1% Low Fat Milk	20 Bran Muffins Bananas 1% Low Fat Milk	21 French Toast Sticks Strawberries 1% Low Fat Milk	22 Fresh Croissants Bananas 1% Low Fat Milk	23 WGR Whole-Wheat Toast Strawberries 1% Low Fat Milk
26 Cereal Applesauce 1% Low Fat Milk	27 Bran Muffins Bananas 1% Low Fat Milk	28 French Toast Sticks Strawberries 1% Low Fat Milk	29 Fresh Croissants Bananas 1% Low Fat Milk	30 WGR Whole-Wheat Toast Oranges 1% Low Fat Milk

Menu items are subject to change based on product availability. WGR = Whole Grain-Rich.
Milk substitutions and meal modifications will be provided in accordance with CACFP requirements and approved dietary documentation.



BRYAN'S EDUCATIONAL CENTER

October 2026 - Lunch Menu

CACFP
WGR = Whole
Grain-Rich

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Lo Mein Mixed Peppers Honeydew Melon 1% Low Fat Milk	2 Jamaican Patties WGR Roll Salad & Pears 1% Low Fat Milk
5 Grilled Cheese Spinach Mixed Fruit Cups 1% Low Fat Milk	6 Spaghetti with Turkey Meat Mixed Salad & Pineapples 1% Low Fat Milk	7 Baked Chicken with Rice & Peas Salad / Plantain 1% Low Fat Milk	8 Chicken Tenders with Fries Salad / Honeydew Melon 1% Low Fat Milk	9 Fresh Cheese Pizza Corn Cobs / Apple Slices 1% Low Fat Milk
12 SCHOOL CLOSED INDIGENOUS DAY	13 Mac & Cheese Broccoli / Mixed Fruit Cups 1% Low Fat Milk	14 Chicken Patty on WGR Bun Lettuce / Tomato / Cantaloupe / Carrots 1% Low Fat Milk	15 Crispy Baked Fish with Fries Salad / Honeydew Melon 1% Low Fat Milk	16 Turkey Lasagna Cauliflower / Pineapples 1% Low Fat Milk
19 Grilled Cheese Spinach / Mixed Fruit Cups 1% Low Fat Milk	20 Spaghetti with Turkey Meat Mixed Salad & Pineapples 1% Low Fat Milk	21 Baked Chicken with Rice & Peas Salad / Plantain 1% Low Fat Milk	22 Chicken Tenders with Fries Salad / Honeydew Melon 1% Low Fat Milk	23 Jamaican Patties WGR Roll / Salad & Pears 1% Low Fat Milk
26 Mac & Cheese Broccoli / Mixed Fruit Cups 1% Low Fat Milk	27 Chicken Patty on WGR Bun Lettuce / Tomato / Cantaloupe / Carrots 1% Low Fat Milk	28 Turkey Lasagna Cauliflower / Apple Slices 1% Low Fat Milk	29 Crispy Baked Fish with Fries Salad / Honeydew Melon 1% Low Fat Milk	30 Fresh Cheese Pizza Corn Cobs / Pineapples 1% Low Fat Milk

Menu items are subject to change based on product availability. WGR = Whole Grain-Rich.
Fresh fruits and vegetables may include seasonal items based on availability.



BRYAN'S EDUCATIONAL CENTER

October 2026 - Vegetarian Lunch Menu

CACFP
WGR = Whole
Grain-Rich

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tofu Lo Mein Mixed Peppers Honeydew Melon 1% Low Fat Milk	2 Jamaican Veggie Patties WGR Roll / Salad & Pears 1% Low Fat Milk
5 Toast with Sunflower Butter Spinach / Mixed Fruit Cups 1% Low Fat Milk	6 Spaghetti with Tofu Mixed Salad / Pineapples 1% Low Fat Milk	7 Baked Tofu with Rice & Peas Salad / Plantain 1% Low Fat Milk	8 MorningStar Tenders with Fries Salad / Honeydew Melon 1% Low Fat Milk	9 Jamaican Veggie Patties WGR Roll / Corn Cobs / Apple Slices 1% Low Fat Milk
12 SCHOOL CLOSED INDIGENOUS DAY	13 Elbow Pasta / Tomato Sauce / Tofu Broccoli / Mixed Fruit Cups Soup with WGR Roll 1% Low Fat Milk	14 MorningStar Chik'n Patty on WGR Bun Lettuce / Tomato / Cheese / Cantaloupe / Carrots 1% Low Fat Milk	15 MorningStar Patties with Fries Salad / Honeydew Melon 1% Low Fat Milk	16 Tofu Lasagna Cauliflower / Pineapples 1% Low Fat Milk
19 Toast with Sunflower Butter Spinach / Mixed Fruit Cups 1% Low Fat Milk	20 Spaghetti with Tofu Mixed Salad / Pineapples 1% Low Fat Milk	21 Baked Tofu with Rice & Peas Salad / Plantain 1% Low Fat Milk	22 MorningStar Tenders with Fries Salad / Honeydew Melon 1% Low Fat Milk	23 Jamaican Veggie Patties WGR Roll / Salad & Pears 1% Low Fat Milk
26 Elbow Pasta / Tomato Sauce / Tofu Broccoli / Mixed Fruit Cups 1% Low Fat Milk	27 MorningStar Chik'n Patty on WGR Bun Lettuce / Tomato / Cheese / Cantaloupe 1% Low Fat Milk	28 Tofu Lasagna Cauliflower / Apple Slices 1% Low Fat Milk	29 MorningStar Patties with Fries Salad / Honeydew Melon 1% Low Fat Milk	30 Jamaican Veggie Patties WGR Roll / Corn Cobs / Pineapples 1% Low Fat Milk

Menu items are subject to change based on product availability. WGR = Whole Grain-Rich.
Vegetarian selections use the same fruit rotation as the regular lunch.



BRYAN'S EDUCATIONAL CENTER

October 2026 - Snack Menu

CACFP
WGR = Whole
Grain-Rich

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WGR Pastry Bites Oranges	2 WGR Cheez-Its Strawberries
5 Animal Crackers Oranges	6 Goldfish Crackers 100% Apple Juice	7 Yogurt Pretzels	8 WGR Pastry Bites Applesauce	9 WGR Cheez-Its Mixed Fruit Cups
12 SCHOOL CLOSED INDIGENOUS DAY	13 Goldfish Crackers 100% Apple Juice	14 Yogurt Pretzels	15 WGR Pastry Bites Mixed Fruit Cups	16 WGR Cheez-Its Strawberries
19 Animal Crackers Pear	20 Goldfish Crackers 100% Apple Juice	21 Yogurt Pretzels	22 WGR Pastry Bites Oranges	23 WGR Cheez-Its Pineapples
26 Animal Crackers Oranges	27 Goldfish Crackers 100% Apple Juice	28 Yogurt Pretzels	29 WGR Pastry Bites Applesauce	30 WGR Pretzels Mixed Fruit Cups

Menu items are subject to change based on product availability. WGR = Whole Grain-Rich.

100% juice is served in accordance with CACFP meal pattern requirements. WGR Pastry Bites are B'gan Natural Whole Grain Cinnamon Crackers.