



October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Breakfast Sandwiches Walking Taco's	2 Biscuits and gravy Spaghetti, Salad and Garlic bread	3	4	5
Cinnamon Rolls 6 -extra sauce/ fruit Birra tacos-rice, beans, lemon, cilantro, onions, salsa -Horchata	7 Cereal and Fruit Chicken Sandwiches, Fruit and Chips	8 Muffins and Yogurt Sandwiches, Fruit and Chips	9 Bacon, egg, cheese sandwich w/ hashbrowns/ fruit Chicken tenders (4) w tater tots/ fruit	10	11	12
13 Indigenous Day	14 French toast w/ bananas/strawberries Tacos w beans/rice, salsa, tomato, lettuce, cheese -Chia seed lemonade	15 Banana Pancakes w/ bacon Cheeseburger w/ cucumber pasta salad, chips	16 Muffins and Yogurt Sandwiches, Fruit and Chips	17	18	19
20 Oatmeal w/ chia seeds or cereal Chicken and waffles, w/ grapes/oranges, fruit punch	21 Blueberry pancakes w/ sauce, sausage Pizza and salad	22 Muffins and Yogurt Sandwiches, Fruit and Chips	23 Omelet w/ bacon, cheese, sausage / fruit Beef nachos w/ sour cream, jalapenos, beans, salsa	24	25	26
27 Chorizo burrito w/ potatoes and bell peppers Chicken breast squash, rice, and parmesan w/ bread	28 Cheese, fruit, crackers or yogurt w/ chis seeds Chili Verde, Spanish rice, beans,	29 Oatmeal- honey, fruit, granola, toast Spaghetti- extra sauce, bread, salad	30 Bagels w cream cheese, jelly or cereal Chili cheese fries w/ bacon, sour cream, fruit	31		

