

ELLIS 2026 OCTOBER MENU



iCater

* Meal and meal component substitutions made by iCater may occur without notice and will meet or exceed all SLP or CACFP meal pattern requirements.

* Meal and meal component substitutions requested by the customer, may not meet all SLP or CACFP meal pattern requirements.

Monday	Tuesday	Wednesday	Thursday	Friday
				
			Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea) Lunch – Meatball (4) Subs with Shredded Mozzarella (1oz), WW Sub Roll (1ea), Carrots (3/4 cup), Milk (8oz), Honeydew (1 slice) Snack – Cheez-its (1pk), Banana (1ea) ¹	Breakfast – Chex Cereal (1oz), Milk (8oz), Banana(1ea) Lunch - Beef Tacos (2ea), Brown Rice & Beans (½ cup) Mixed Vegetables (3/4 cup), Milk (8oz), Orange (1 ea) Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) ²
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea) Lunch – Sofrito Chicken (3oz) & WG Rice (½ c), Broccoli (3/4 cup), Milk (8oz), Apple (1ea) Snack – Cheese Stick (1oz), Graham Crackers (2ea) ⁵	Breakfast – Cheerios, Milk (8oz), Apple (1ea) Lunch – Breaded Chicken Tenders (2ea) with BBQ Dipping Sauce (1oz), Carrots (3/4 cup), WW Dinner Roll (1oz), Butter (.27oz),-Milk (8oz), Pears (4oz) Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) ⁶	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea) Lunch – Roast Turkey (3oz) & Gravy, 1oz, Mashed Potato ½ cup, Mixed Vegetables (½ cup), WW Roll (1ea), Butter (.27oz) Snack – Goldfish crackers (1ea), yogurt (4 oz) ⁷	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea) Lunch – Cheeseburger (3oz patty), Cheese (1), WW Bun (1oz), Ketchup (3oz), Sweet Tots (3/4 cup), Milk (8oz), Cantaloupe (1 slice) Snack – Cheez-its (1pk), Banana (1ea) ⁸	Breakfast – Chex Cereal, Milk (8oz), Banana(1ea) Lunch – Mac & Cheese (6oz), Popcorn Chicken (9), Green Beans (3/4 cup), WW Roll (1oz), Butter (.27oz), Milk (8oz), Chilled Peaches (4oz) Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) ⁹
 ¹²	Breakfast – Cheerios, Milk (8oz), Apple (1ea) Lunch - Hamburger Helper (1cup), Green Beans, (½ cup), WW Dinner Roll (1oz), Butter (.27oz), Milk (8oz), Orange (1ea) Snack - Cin graham crackers (1ea), Golden Delicious Apple (1ea) ¹³	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea) Lunch – Deli Chicken Sandwich, sliced cucumbers (1/2 cup), Milk (8oz), Apple (1ea) Snack - Goldfish crackers (1ea), yogurt (4 oz) ¹⁴	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea) Lunch –Chicken Nuggets (8), w/ Sour Dipping Sauce (2oz), carrots (3/4 cup), WW Dinner Roll (1), Butter (.27oz), Milk (8oz), Mandarins (4oz) Snack – Cheez-its (1pk), Banana (1ea) ¹⁵	Breakfast – Chex Cereal, Milk (8oz), Banana (1ea) Lunch – Cheeseburger (3oz), Cheese (1ea), Whole Wheat Burger Bun (1ea), Cali-Gold Vegetables (3/4 cup), WW Dinner Roll (1), Butter (1oz), Milk (8oz), Pears (4oz) Snack - Sun chips (1oz), Mozzarella Cheese Stick (1ea) ¹⁶
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea) Lunch – Beef Tacos (2ea), Brown Rice & Beans (½ cup),Green Beans (3/4 cup), Milk (8oz), Cantaloupe (1 slice) Snack – Cheese Stick (1oz), Graham Crackers (2ea) ¹⁹	Breakfast – Cheerios, Milk (8oz), Apple (1ea) Lunch – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Bread Slice (1oz), w/Butter (.27oz), Milk (8oz), Chilled Peaches (4oz) Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) ²⁰	Breakfast – WW Bagel (1), Cream Cheese, Milk (8oz), Banana (1ea) Lunch – Mac & Cheese (6oz), Popcorn Chicken (9), WW Roll (1oz), Butter (.27oz), Sliced Carrots (½ cup), Milk (8oz), Honey Dew (1 slice) Snack – Goldfish crackers (1ea), yogurt (4 oz) ²¹	Breakfast – Apple Muffin(1ea), Milk (8oz), Apple(1ea) Lunch – Chili (3oz), w/ Steamed Brown Rice (1/2c), Peas & Carrots (3/4 cup), Milk (8oz), Orange (1ea) Snack – Cheez-its (1pk), Banana (1ea) ²²	Breakfast – Chex, Cereal, Milk (8oz), Banana(1ea) Lunch – Stuffed Shell(1ea), w/ Meatballs (6ea) & Tomato Sauce (2oz), WW Roll (1), Butter (1oz), Mixed vegetables (3/4 cup), Milk (8oz), Apples (1ea) Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) ²³
Breakfast – Corn Muffin (1ea), Milk (8oz), Orange (1ea) Lunch –Chicken Salad Sandwich, sliced cucumbers (1/2 cup) Milk (8oz), Chilled Mandarins (4oz) Snack - Cheddar Cheese Stick (1oz), Graham crackers (2ea) ²⁶	Breakfast – Cheerios, Milk (8oz), Apple (1ea) Lunch – Meat Lasagna (10oz), Broccoli (3/4 cup), WW Dinner Roll(1oz), w/Butter (.27oz), Milk (8oz), Cantaloupe (1 slice) Snack – Cin graham crackers (1ea), Golden Delicious Apple (1ea) ²⁷	Breakfast – WW Bagel (1), Cream Cheese (1oz), Milk (8oz), Banana (1ea) Lunch – Chicken Taquitos, Peas & Carrots, Brown Rice, Milk (8oz), Chilled Peaches (4oz) Snack – Goldfish crackers (1ea), yogurt (4 oz) ²⁸	Breakfast – Apple Muffin (1ea), Milk (8oz), Apple (1ea) Lunch – Meatball (4) Subs with Shredded Mozzarella (1oz), WW Sub Roll (1ea), Carrots (3/4 cup), Milk (8oz), Honeydew (1 slice) Snack – Cheez-its (1pk), Banana (1ea) ²⁹	Breakfast – Chex Cereal (1oz), Milk (8oz), Banana(1ea) Lunch - Beef Tacos (2ea), Brown Rice & Beans (½ cup) Mixed Vegetables (3/4 cup), Milk (8oz), Orange (1 ea) Snack – Sun chips(1oz), Mozzarella Cheese Stick (1ea) ³⁰