

October 2025

High Plains Food Bank Day Care Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 B: Bagel Cream Cheese Mixed Fruit Cup L: Pizza Steamed Greens Pineapple SN: Goldfish Crackers Pears	2 B: Cheerios Mandarins L: Chicken Sand w Pickles Steamed Greens Mixed Fruit SN: Nacho Chips Cheese Apple Juice	3 B: English Muffin Jelly Pears L: Cheeseburger Lettuce Pickles Steamed Carrots Applesauce SN: Graham Cracker Tropical Fruit
6 B: Yogurt Mixed Fruit L: Chicken Salad I slice bread Steamed Carrots Diced Pears S: Goldfish Berry Juice	7 B: Cheerios Tropical Fruit L: Beef Taco Salad Corn Chips Pico De Gallo Mandarins SN: Cheerios Tropical fruit	8 B: English Muffin Jelly Banana L:2 BBQ Chicken legs Roll Seasoned Pinto Beans Pears Cookie SN: Berry Mix Yogurt	9 B: Bagel Tropical Fruit L: Beef Sheppard Pie Roll Steamed Carrots Peeled Whole Orange SN: Goldfish Pears	10 B: Cheerios Banana L:Cheesy Chicken Macaroni Steamed Green Beans Apple Sauce SN: Chips Berry Juice
13 B: English Muffin Jelly Pears L: Cheeseburger Lettuce Pickles Steamed Carrots Applesauce SN: Graham Cracker Tropical Fruit	14 B: Bagel Cream Cheese Mixed Fruit Cup L: Pizza Steamed Greens Pineapple SN: Goldfish Crackers Pears	15 B: Cheerios Tropical Fruit L: Beef Taco Salad Corn Chips Pico De Gallo Mandarins SN: Cheerios Tropical fruit	16 B: Cheerios Mandarins L: Chicken Sand w Pickles Steamed Greens Mixed Fruit SN: Nacho Chips Cheese Apple Juice	17 B: Bagel Tropical Fruit L: Beef Sheppard Pie Roll Steamed Carrots Peeled Whole Orange SN: Goldfish Pears
20 B: Yogurt Mixed Fruit L: Chicken Salad I slice bread Steamed Carrots Diced Pears S: Goldfish Berry Juice	21 B: English Muffin Jelly Banana L:2 BBQ Chicken legs Roll Seasoned Pinto Beans Pears Cookie SN: Berry Mix Yogurt	22 B: Cheerios Tropical Fruit L: Beef Taco Salad Corn Chips Pico De Gallo Mandarins SN: Cheerios Tropical fruit	23 B: Bagel Tropical Fruit L: Beef Sheppard Pie Roll Steamed Carrots Peeled Whole Orange SN: Goldfish Pears	24 B: Cheerios Banana L:Cheesy Chicken Macaroni Steamed Green Beans Apple Sauce SN: Chips Berry Juice
27 B: Bagel Cream Cheese Mixed Fruit Cup L: Pizza Steamed Greens Pineapple SN: Goldfish Crackers Pears	28 B: Cheerios Banana L:Cheesy Chicken Macaroni Steamed Green Beans Apple Sauce SN: Chips Berry Juice	29 B: Yogurt Mixed Fruit L: Chicken Salad I slice bread Steamed Carrots Diced Pears S: Goldfish Berry Juice	30 B: Cheerios Tropical Fruit L: Beef Taco Salad Corn Chips Pico De Gallo Mandarins SN: Cheerios Tropical fruit	31 B: English Muffin Jelly Banana L:2 BBQ Chicken legs Roll Seasoned Pinto Beans Pears Cookie SN: Berry Mix Yogurt



Announcements

BBQ Sauce
Ketchup and Mustard for
Burgers

Mayo and Mustard for
Sandwiches when
available



Milk: Must be Served with
Breakfast, Lunch, and
Supper

* Whole, unflavored milk
for children 1-2 years old,
1% or nonfat unflavored
milk for children 2-5 years
old must be served at
breakfast, lunch and
supper



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



www.SquareMeals.org

This product was funded by USDA. This institution is an equal opportunity provider.



Updated 06/20/25