

SEPT/OCT 2026 - BREAKFAST & LUNCH MENU FOR: OAKLAND ACADEMY

MON SEPT 28 BREAKFAST APPLE JACKS KIT FRESH APPLE 1EA CRACKER 1PK FRUIT JUICE 1/2C MILK 8OZ LUNCH SWEDISH MEATBALLS 6 MASHED POTATO 2OZ CORN 3/4 C DICED PEACHES 1/2 C W/G DINNER ROLL 2OZ MILK 8OZ	TUES SEPT 29 BREAKFAST BREAKFAST KIT CIN TOAST 1OZ GOLDFISH 1PK FRUIT JUICE 1/2C FRESH BANANA 1EA MILK 8 OZ LUNCH W/G CH RAVIOLI 1C SAUCE 1OZ MIX VEGETABLE 3/4C APPLESAUCE 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	WED SEPT 30 BREAKFAST CIN BAGEL 2OZ ORANGE 1EA CREAM CHEESE 1OZ FRUIT JUICE 1/2C MILK 8 OZ LUNCH BEEF HOT DOG 1EA BAKED BEANS 3/4C TROPICAL FRUIT 1/2C W/G HD BUN 2OZ MILK 8 OZ	THURS OCT 1 BREAKFAST PANCAKE 1PK FRUIT JUICE 1/2C SYRUP 1EA CLEMENTINES 2EA MILK 8 OZ LUNCH W/G CHICKEN FRIES 6EA GREEN BEANS 3/4C DICED PEARS 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	FRI OCT 2 BREAKFAST BREAKFAST KIT LUCKY CHARMS 1OZ CRACKER 1PK BANANA 1EA MILK 8 OZ LUNCH SLOPPY JOES 3OZ CARROTS 3/4C MIXED FRUIT 1/2C W/G HAM BUN 2OZ MILK 8 OZ
MON OCT 5 BREAKFAST BREAKFAST KIT CINN TOAST 2OZ FRESH APPLE 1EA MILK 8OZ LUNCH BBQ MEATBALLS 6EA GREEN BEANS 3/4C DICED PEARS 1/2C W/G DINNER ROLL 2OZ MILK 8 OZ	TUES OCT 6 BREAKFAST STR. BAGEL 2.5OZ CREAM CHEESE 1OZ BANANA 1EA FRUIT JUICE 1/2C MILK 8 OZ LUNCH HAMBURGER 2OZ CHEESE 1OZ PEAS&CARROTS 3/4C APPLESAUCE 1/2C W/G HAM BUN 2OZ MILK 8 OZ	WED OCT 7 BREAKFAST BREAKFAST KIT TRIX 1OZ CRACKER 1PK FRUIT JUICE 1/2C MILK 8 OZ LUNCH W/G CH NUGGETS 6EA SW POTATOES ¾ TROPICAL FRUIT 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	THURS OCT 8 BREAKFAST FRUIT MUFFIN 2OZ FRUIT YOGURT 4OZ FRUIT JUICE 1/2C FRESH PEAR 1EA MILK 8 OZ LUNCH BEEF SPAGHETI 1C BEEF 2OZ SAUCE 1OZ CORN 3/4C PINEAPPLE 1/2C W/G BR STICK 2OZ MILK 8OZ	FRI OCT 9 BREAKFAST BREAKFAST KIT COCO PUFF 1OZ CRACKER 1PK FRUIT JUICE 1/2C FRESH APPLE 1EA MILK 8 OZ LUNCH BEEF DIPPERS 6EA CARROTS 3/4C MIXED FRUIT 1/2C W/G BR SLICE 2OZ MILK 8 OZ
MON OCT 12 BREAKFAST CRACKER 1PK W/G FRUIT YOGURT 4OZ FRUIT JUICE 1/2C APPLE 1EA MILK 8 OZ LUNCH MAC & CHEESE 1C GREEN BEANS 3/4C APPLESAUCE 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	TUES OCT 13 BREAKFAST BREAKFAST KIT APPLE JACKS 1OZ CRACKER 1PK FRUIT JUICE 1/2C FRESH BANANA 1EA MILK 8 OZ LUNCH FISH SANDWICH 3OZ CORN 3/4C APPLE SLICES 1/2C W/G HAM BUN 2OZ MILK 8 OZ	WED OCT 14 BREAKFAST BREAKFAST KIT CIN TOAST 1OZ FRUIT JUICE 1/2C CRACKER 1PK ORANGE 1EA MILK 8 OZ LUNCH BBQ DICED CHICKEN 3OZ MIX VEG 3/4C DICED PEACHES 1/2C W/G HAM BUN 2OZ MILK 8 OZ	THURS OCT 15 BREAKFAST FRENCH TOAST 1PK FRUIT JUICE 1/2C FRESH PEARS 1EA MILK 8 OZ LUNCH NACHO CHIPS 2OZ TACO MEAT 2OZ REFRIED BEANS 3/4C LIQ CHEESE 1OZ FRUIT CUP 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	FRI OCT 16 BREAKFAST BREAKFAST KIT BANANA 1EA CIN POPTART 1PK FRUIT JUICE 1/2C CRACKER 1PK MILK 8 OZ LUNCH CHICKEN ALFREDO 1 C DICED CHICKEN 2OZ PEAS 3/4C TROPICAL FRUIT 1/2C W/G BR STICK 2OZ MILK 8 OZ
MON OCT 19 BREAKFAST CIN BAGEL 2OZ FRUIT JUICE 1/2C APPLE SLICES 1/2C CR CHEESE 1OZ MILK 8 OZ LUNCH W/G CH PATTY 3OZ MIX VEG 3/4C FRUIT CUP 1/2C W/G HAM BUN 2OZ MILK 8 OZ	TUES OCT 20 BREAKFAST BREAKFAST KIT COCO PUFF 1O CRACKER 1PK FRUIT JUICE 1/2C BANANA 1EA MILK 8 OZ LUNCH TACO MEAT 2OZ REFRIED BEANS 3/4C SHRED LETTUCE 1/4C SHRED CHEESE 1OZ MANGO 1/2C W/G TORTILLA 2EA MILK 8 OZ	WED OCT 21 BREAKFAST PANCAKE 1PK SYRUP 1PK FRUIT JUICE 1/2C ORANGE 1EA MILK 8 OZ LUNCH BEEF RAVIOLI 1C GREEN BEANS 3/4C TROPICAL FRUIT 1/2C W/G BR STICK 2OZ MILK 8 OZ	THURS OCT 22 BREAKFAST BREAKFAST KIT LUCKY CHARMS 1OZ CRACKER 1PK FRUIT JUICE 1/2C PEAR 1EA MILK 8 OZ LUNCH IT MEATBALLS 6EA CORN 3/4C PINEAPPLE 1/2C W/G SUB BUN 2OZ MILK 8 OZ	FRI OCT 23 BREAKFAST BAGEL 2 OZ FRUIT JUICE 1/2C CR CHEESE 1OZ BANANA 1EA MILK 8 OZ LUNCH SCRAMBLED EGGS 2OZ TURKEY SAUSAGE 2OZ ROASTED POTATO 3/4 C FRUIT MELON 1/2 C CIN BREAD 1 SLICE MILK 8OZ
MON OCT 26 BREAKFAST APPLE JACKS KIT FRESH APPLE 1EA CRACKER 1PK FRUIT JUICE 1/2C MILK 8OZ LUNCH SWEDISH MEATBALLS 6 MASHED POTATO 2OZ CORN 3/4 C DICED PEACHES 1/2 C W/G DINNER ROLL 2OZ MILK 8OZ	TUES OCT 27 BREAKFAST BREAKFAST KIT CIN TOAST 1OZ GOLDFISH 1PK FRUIT JUICE 1/2C FRESH BANANA 1EA MILK 8 OZ LUNCH W/G CH RAVIOLI 1C SAUCE 1OZ MIX VEGETABLE 3/4C APPLESAUCE 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	WED OCT 28 BREAKFAST CIN BAGEL 2OZ ORANGE 1EA CREAM CHEESE 1OZ FRUIT JUICE 1/2C MILK 8 OZ LUNCH BEEF HOT DOG 1EA BAKED BEANS 3/4C TROPICAL FRUIT 1/2C W/G HD BUN 2OZ MILK 8 OZ	THURS OCT 29 BREAKFAST PANCAKE 1PK FRUIT JUICE 1/2C SYRUP 1EA CLEMENTINES 2EA MILK 8 OZ LUNCH W/G CHICKEN FRIES 6EA GREEN BEANS 3/4C DICED PEARS 1/2C W/G DIN ROLL 2OZ MILK 8 OZ	FRI OCT 30 BREAKFAST BREAKFAST KIT LUCKY CHARMS 1OZ CRACKER 1PK BANANA 1EA MILK 8 OZ LUNCH

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Milk is served with Breakfast and Lunch and it will be: **1.) 1 % WHITE MILK 1 CUP/8 oz. OR 2.) SKIM MILK 1 CUP/8oz. 3.) SKIM CHOC MILK 1 CUP/8oz.** is offered at specific meals at the discretion of the Academy. Fruit Juice is 100%, ½ cup portion/4 oz., and is served for the Breakfast meal everyday unless otherwise stated.