

Morgantown Little Learners Childcare Center

October 2026 - CACFP Fall Menu

Breakfast • Lunch • Afternoon Snack | WGR = Whole Grain-Rich

Date	Breakfast	Lunch	Afternoon Snack
Thu 10/1	WGR cereal, banana, milk	Chicken meatballs, WGR pasta, broccoli, peaches, milk	Apple slices & cheese
Fri 10/2	WGR waffle, cinnamon apples, milk	Turkey & cheese WGR sandwich, sweet potatoes, pears, milk	Applesauce & WGR crackers
Mon 10/5	WGR cereal, peaches, milk	Chicken bites, mashed potatoes, green beans, applesauce, WGR roll, milk	Banana & yogurt
Tue 10/6	WGR toast, banana, milk	Beef meatballs, WGR pasta, peas, mandarin oranges, milk	Apple slices & cheese
Wed 10/7	WGR waffle, cinnamon apples, milk	Turkey & cheese WGR wrap, corn, pears, milk	WGR crackers & milk
Thu 10/8	WGR cereal, pears, milk	Chicken & cheese quesadilla, green beans, peaches, milk	Banana & yogurt
Fri 10/9	WGR English muffin, applesauce, milk	Grilled cheese on WGR bread, broccoli, pears, milk	Applesauce & cheese
Mon 10/12	WGR cereal, banana, milk	Turkey meatballs, mashed sweet potatoes, green beans, peaches, WGR roll, milk	Apple slices & cheese
Tue 10/13	WGR waffle, cinnamon apples, milk	Chicken patty on WGR bun, peas, pears, milk	WGR crackers & milk
Wed 10/14	WGR toast, peaches, milk	Beef taco meat, WGR tortilla, corn, applesauce, milk	Banana & yogurt
Thu 10/15	WGR cereal, banana, milk	Chicken meatballs, WGR pasta, broccoli, mandarin oranges, milk	Applesauce & cheese
Fri 10/16	WGR English muffin, pears, milk	Turkey & cheese WGR sandwich, green beans, peaches, milk	Apple slices & WGR crackers
Mon 10/19	WGR cereal, cinnamon apples, milk	Chicken bites, mashed potatoes, peas, pears, WGR roll, milk	Banana & cheese
Tue 10/20	WGR waffle, banana, milk	Beef meatballs, WGR pasta, green beans, peaches, milk	Applesauce & yogurt
Wed 10/21	WGR toast, peaches, milk	Chicken & cheese WGR quesadilla, corn, pears, milk	Apple slices & cheese
Thu 10/22	WGR cereal, pears, milk	Turkey meatballs, mashed sweet potatoes, broccoli, applesauce, WGR roll, milk	WGR crackers & milk
Fri 10/23	WGR English muffin, banana, milk	Grilled cheese on WGR bread, green beans, peaches, milk	Banana & yogurt
Mon 10/26	WGR cereal, applesauce, milk	Chicken patty on WGR bun, sweet potatoes, pears, milk	Apple slices & cheese
Tue 10/27	WGR waffle, cinnamon apples, milk	Beef meat sauce, WGR pasta, broccoli, peaches, milk	WGR crackers & milk
Wed 10/28	WGR toast, banana, milk	Turkey & cheese WGR wrap, corn, mandarin oranges, milk	Applesauce & yogurt
Thu 10/29	WGR cereal, peaches, milk	Chicken bites, mashed potatoes, green beans, pears, WGR roll, milk	Banana & cheese
Fri 10/30	WGR waffle, banana, milk	Halloween: cheese quesadilla, corn, orange slices, milk	Applesauce & WGR crackers

Menu subject to change based on product availability. CACFP creditability depends on approved products and age-appropriate serving sizes.