

# Friendship House of Crystal Lake

## October 2026 Breakfast Menu

| MONDAY                                                                            | TUESDAY                                                                            | WEDNESDAY                                                                           | THURSDAY                                       | FRIDAY                                     |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------------|--------------------------------------------|
|  |  |  | 1<br>Cinnamon Toast<br>Pears<br>Milk           | 2<br>Corn Flakes<br>Orange Slices<br>Milk  |
| 5<br>Cinnamon Toast<br>Banana<br>Milk                                             | 6<br>Toasted Oats<br>Apples<br>Milk                                                | 7<br>Apple Cinnamon<br>Muffin<br>Grapes<br>Milk                                     | 8<br>Waffles<br>Pears<br>Milk                  | 9<br>Rice Krispies<br>Applesauce<br>Milk   |
| 12<br>Cereal Bar<br>Apples<br>Milk                                                | 13<br>Toasted Oats<br>Orange Slices<br>Milk                                        | 14<br>Blueberry Muffin<br>Tropical Fruit<br>Milk                                    | 15<br>Bagel w/Cream<br>Cheese<br>Pears<br>Milk | 16<br>Corn Flakes<br>Grapes<br>Milk        |
| 19<br>Yogurt & Granola<br>Berries<br>Milk                                         | 20<br>Toasted Oats<br>Orange Slices<br>Milk                                        | 21<br>Banana Bread<br>Pears<br>Milk                                                 | 22<br>Pancakes<br>Tropical Fruit<br>Milk       | 23<br>Rice Krispies<br>Apples<br>Milk      |
| 26<br>Cinnamon Toast<br>Pears<br>Milk                                             | 27<br>Toasted Oats<br>Banana<br>Milk                                               | 28<br>English Muffin w/Jelly<br>Applesauce<br>Milk                                  | 29<br>Cereal Bar<br>Grapes<br>Milk             | 30<br>Corn Flakes<br>Orange Slices<br>Milk |

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk  
 Children older than 24 months offered 1% Milk

# Friendship House of Crystal Lake

## October 2026 Lunch Menu

| MONDAY                                                                                         | TUESDAY                                                                            | WEDNESDAY                                                                           | THURSDAY                                                                                          | FRIDAY                                                                                |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|               |  |  | 1<br>Chicken Patty on a Bun<br>Peas<br>Mandarin Oranges<br>Milk                                   | 2<br>French Toast Sticks<br>Breakfast Sausage<br>Carrots & Peas<br>Applesauce<br>Milk |
| 5<br>Pizza<br>Salad<br>Orange Slices<br>Milk                                                   | 6<br>Fish Filet<br>Regular Fries<br>Carrots & Peas<br>Pears<br>Milk                | 7<br>Rotini Noodles w/Red<br>Sauce<br>String Cheese<br>Peaches/Peas<br>Milk         | 8<br>Sun Butter & Jelly<br>Sandwich<br>Chicken Noodle Soup<br>Mixed Vegetables<br>Applesauce/Milk | 9<br>Chicken Nuggets<br>Cooked Carrots<br>Pineapple<br>Milk                           |
| 12<br>Ham & Cheese<br>Sandwich<br>Tomato Soup<br>Pears<br>Milk                                 | 13<br>Soft shell Tacos with<br>cheese & lettuce<br>Peaches<br>Milk                 | 14<br>Cheese Ravioli w/Red<br>Sauce<br>Green Beans<br>Banana<br>Milk                | 15<br>Hot Dog on a Bun<br>Corn<br>Mandarin Oranges<br>Milk                                        | 16<br>French Toast Sticks<br>Breakfast Sausage<br>Sweet Peppers<br>Applesauce<br>Milk |
| 19<br>Turkey & Cheese<br>Sandwich<br>Chicken Noodle Soup<br>Mixed Vegetables<br>Pineapple/Milk | 20<br>Meatball Sandwich<br>Green Beans<br>Pears<br>Milk                            | 21<br>Macaroni & Cheese<br>Carrots & Peas<br>Peaches<br>Milk                        | 22<br>Chicken Nuggets<br>Regular Fries<br>Carrots<br>Orange Slices<br>Milk                        | 23<br>Egg & Cheese Omelet<br>½ Slice of Bread<br>Peas<br>Applesauce<br>Milk           |
| 26<br>Hamburger on Bun<br>Carrots & Peas<br>Pears<br>Milk                                      | 27<br>Chicken & Cheese<br>Sandwich<br>Tomato Soup<br>Peaches<br>Milk               | 28<br>Cheese Tortellini<br>w/Red Sauce<br>Green Beans<br>Pineapple<br>Milk          | 29<br>Chicken Patty on a Bun<br>Peas<br>Mandarin Oranges<br>Milk                                  | 30<br>Corn Dog<br>Cooked Carrots<br>Banana<br>Milk                                    |

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk  
 Children older than 24 months offered 1% Milk

# Friendship House of Crystal Lake

## October 2026 Snack Menu

| MONDAY                                                                            | TUESDAY                                                                            | WEDNESDAY                                                                           | THURSDAY                                 | FRIDAY                                                    |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------|-----------------------------------------------------------|
|  |  |  | 1<br>Go-gurt (yogurt)<br>Vanilla Wafers  | 2<br>Tortilla Chips<br>Salsa                              |
| 5<br>Wheat Thins<br>Pudding Cup                                                   | 6<br>Popcorn<br>Cheese Slice                                                       | 7<br>Graham Crackers<br>Milk                                                        | 8<br>Cheese Crackers<br>Cucumbers        | 9<br>Pretzel Sticks<br>String Cheese<br>Cheese Slice (BT) |
| 12<br>Ritz Crackers<br>Fruit Snack<br>Fruit Cup (BT)                              | 13<br>Veggie Straws<br>Cheese Slice                                                | 14<br>Tortilla Chips<br>Salsa                                                       | 15<br>Go-gurt (yogurt)<br>Vanilla Wafers | 16<br>Animal Crackers<br>Milk                             |
| 19<br>Apples<br>Sun Butter<br>(Applesauce-BigTop)                                 | 20<br>Carrots<br>Cucumbers (BT/SB/B)<br>Ranch                                      | 21<br>Goldfish<br>Milk                                                              | 22<br>Saltine Crackers<br>String Cheese  | 23<br>Graham Crackers<br>Pudding Cup                      |
| 26<br>Veggie Straws<br>Cheese Slice                                               | 27<br>Animal Crackers<br>Milk                                                      | 28<br>Ritz Crackers<br>Fruit Snack<br>Fruit Cup - BT                                | 29<br>Tortilla Chips<br>Salsa            | 30<br>Pretzels<br>String Cheese<br>Cheese Slice (BT)      |

Infants 12 month – Toddlers 24 month – Unflavored Whole Milk  
 Children older than 24 months offered 1% Milk