COLUMBIA
Child Development Center

October 2026

Columbia CDC Menu

Whole Milk Served

Monday	Tuesday	Wednesday	Thursday	Friday
28-Sep	**29-Sep**	**30-Sep**	**1-Oct**	**2-Oct**
Assorted Greek Yogurt	Apples	Oranges	Pineapple	Banana
Asiago Chicken	Spaghetti	Lemon-Yogurt Chicken	Shrrimp w/ Creole Gravy	Chicken Fajitas
Carrots	Bolognese Sauce	Basmati Rice	Cheddar Grits	Flour Tortillas
Mash Potatoes	Broccoli	Cucumbers & Ranch	Broccoli	Lettuce, Chz, Salsa
				Spanish Rice
Pretzels	Cheez its	Sun Chips	Saltines & String Cheese	Goldfish
5-Oct	**6-Oct**	**7-Oct**	**8-Oct**	**9-Oct**
Applesauce&Graham Cracker	Apples	Biscuits & Jelly	Melon	Banana
Baked Chicken Nuggets	Beef Tacos	Teriyaki Chicken	Chicken w/ Pomodoro	Crispy chicken sandwich
Mac & cheese	Corn Taco Shells	Jasmine Rice	Rigatoni Pasta	Slider Buns
Mixed Veggies	Lettuce & Cheese	Carrots	Green Beans	Lettuce, Tomato, Sauce
	Corn Salad			Potato Chips
Pretzels	Cheez its	Corn Chips & Salsa	Saltines & String Cheese	Goldfish
12-Oct	**13-Oct**	**14-Oct**	**15-Oct**	**16-Oct**
CDC CLOSED, Columbus Day	Apples	Oranges	Pineapple	Applesauce&Graham Cracker
	Meatball Marinara	General Tso's Chicken	Buttermilk Pancakes	Steak and Cheese Sandwiches
	Farfalle Pasta	Stir fry veggies	Scrambled Eggs	Sub Rolls
	Broccoli	Jasmine Rice	Pork Sausage Patty	Lettuce, Provolone
			Home Fried Pototoes	Potato Chips
	Cheez its	Sun Chips	Saltines & String Cheese	Goldfish
19-Oct	**20-Oct**	**21-Oct**	**22-Oct**	**23-Oct**
Banana	Fruit Cups	Melon	Oranges	Banana
BBQ Pulled Pork	Beef Tacos	Chicken Lo Mein	Salmon w/ Herb Butter	Hamburgers
	Corn Taco Shells	Stir fry veggies	Caesar Salad	Slider Buns
Mac & Cheese	Lettuce & Cheese		Jasmine Rice	Lettuce, Tomato, Cheese
Southern Green Beans	Corn Salad			Potato Chips
Pretzels	Cheez its	Corn Chips & Salsa	Saltines & String Cheese	Goldfish
26-Oct	**27-Oct**	**28-Oct**	**29-Oct**	**30-Oct STAFF LUNCH ONLY**
Assorted Greek Yogurt	Apples	Oranges	Pineapple	Applesauce&Graham Cracker
Asiago Chicken	Spaghetti	Lemon-Yogurt Chicken	Shrimp w/ Creole Gravy	Chicken Fajitas
Carrots	Bolognese Sauce	Basmati Rice	Cheddar Grits	Flour Tortillas
Mash Potatoes	Broccoli	Cucumbers & Ranch	Broccoli	Lettuce, Chz, Salsa
				Spanish Rice
Pretzels	Cheez its	Sun Chips	Saltines & String Cheese	Goldfish

Main Dishes	Gluten	Dairy	Soy	Egg	Fish	Shellfish	Pork	Sesame	Peanut	Tree Nut
Asiago Chicken	X	X								
Bolognese Sauce	X	X					X			
Beef Taco Meat	X									
Chicken Alfredo	X	X								
Chicken Fajitas										
Chicken Lo Mein	X	X	X							
Chicken Nuggets	X	X	X							
Chicken Riggatoni	X	X	X							
Crispy Chicken	X		X							
General Tso's Chicken	X		X							
Hamburger										
Lemon Yogurt Chicken	X	X								
Meatball Marinara	X	X	X	X						
Pancakes	X	X	X	X						
Pulled Pork							X			
Salmon		X			X					
Shrimp	X	X				X				
Steak										
Teriyaki Chicken	X	X	X							

Sides	Gluten	Dairy	Soy	Egg	Fish	Shellfish	Pork	Sesame	Peanut	Tree Nut
Basmati Rice										
Broccoli		X	X							
Caesar Salad	X	X	X	X						
Carrots		X	X							
Chicken Sandwich Sauce		X	X	X						
Corn Salad				X						
Corn Taco Shells										
Flour Tortilla	X									
Garlic Breadsticks	X	X	X							
Green Beans		X	X							
Grits	X	X								
Jasmine Rice										
Mac & Cheese	X	X	X							
Mash Potatoes		X								
Mixed Veggies		X	X							
Penne Pasta	X									
Potato Chips			X							
Potatoes		X	X							
Provolone		X								
Ranch	X	X		X						
Salsa										
Sausage							X			
Scrambled Eggs		X	X	X						
Slider Buns	X									
Spanish Rice										
Stir Fry Veggies	X									
Sub Rolls	X									

Snacks	Gluten	Dairy	Soy	Egg	Fish	Shellfish	Pork	Sesame	Peanut	Tree Nut
Applesauce										
Biscuits	X	X								
Cheese its	X	X								
Corn Chips										
Fruit Cups										
Goldfish	X	X								
Graham Crackers	X		X							
Jelly										
Pretzels	X									
Saltines	X		X							
String cheese		X								
Sun Chips	X									
Yogurt		X								