

Fresno Congregate Menu

October 2026



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
*High Vitamin A Source High Vitamin C Source *High Vitamin A & C Source Denotes sodium > 1000mg 1% Milk Served			Pork Carnitas Pinto Beans <u>*Fiesta Vegetables</u> Whole Wheat Tortilla Fresh Banana Milk Picante Sauce	Turkey Burger Red Potatoes <u>Broccoli</u> Whole Wheat Hamburger Bun Fresh Apple Butter Sugar Cookie Milk Mustard Ketchup
5	6	7	8	9
Sweet & Sour Chicken with Jasmine Rice Japanese Vegetables <u>*Cauliflower w/Carrots</u> Whole Grain Graham Crackers Fresh Apple Milk	Breaded Pollock Cacciatore <u>*Whole Grain Pasta Florentine</u> Minestrone Soup Green Peas <u>Fresh Orange</u> Milk	Pork al Pastor Pico de Gallo Charro Beans Whole Wheat Tortilla <u>Applesauce, 4 oz</u> Milk	BBQ Pulled Chicken Chuckwagon Corn <u>Broccoli</u> Whole Grain Hamburger Bun Fresh Seasonal Fruit Chocolate Chip Cookie Milk	Chopped Beef with Steakhouse Sauce <u>*Sweet Whipped Potatoes</u> Green Beans Whole Wheat Roll Fresh Pear Milk
12	13	14	15	16
Swedish Meatballs <i>beef/pork meatballs</i> with Whole Grain Pasta Green Peas w/Mushrooms <u>*Parslied Carrots</u> <u>Fresh Orange</u> Milk	Chicken Pot Pie over Whole Grain Buttermilk Biscuit Whole Kernel Corn <u>*Collard Greens</u> Fresh Apple Milk	Creole Meatloaf <u>Whipped Potatoes</u> Green Beans Whole Wheat Roll Fresh Seasonal Fruit Milk Butter	Homestyle Turkey Burger <u>*Sweet Potato Fries</u> <u>Broccoli</u> Whole Grain Hamburger Bun Fresh Pear Milk	Cuban Pork Cilantro Brown Rice Fiesta Black Beans Calabacita y Corn <u>Fresh Orange</u> Milk
19	20	21	22	23
Creamy Tarragon Chicken <u>*Sweet Potato Souffle</u> Green Beans Whole Wheat Bread Fresh Apple Milk Butter	Beef Patty Whole Leaf Lettuce Baked Beans Parslied Red Potatoes Whole Grain Hamburger Bun <u>Fresh Orange</u> Milk Ketchup	Paella Mixta <i>Chicken, Sausage and Shrimp</i> <i>Brown Rice in entrée</i> <u>*Fiesta Vegetables</u> Peach Crisp Milk	Chicken Souvlaki Lentil Vegetable Pilaf Zucchini & Tomatoes Whole Grain Graham Crackers <u>Fresh Orange</u> Milk	Ground Beef and <u>Broccoli</u> Stir Fry Asian Brown Rice <u>*Ginger Carrots</u> Egg Drop Soup Fresh Seasonal Fruit Milk
26	27	28	29	30
Beef Chili w/Beans Succotash <u>*Roasted Brussels Sprouts and Sweet Potatoes</u> Whole Wheat Roll Fresh Pear Milk	Chicken Marsala Parmesan Whipped Potatoes Italian Vegetables Whole Wheat Roll <u>Fresh Orange</u> Milk	Potato Crusted Pollock with Lemon Orzo w/Asparagus Green Beans <u>*Cauliflower w/Carrots</u> Fresh Apple Milk Tartar Sauce	Salisbury Steak with Onion Gravy Parslied Red Potatoes <u>*Collard Greens</u> Cornbread Fresh Seasonal Fruit	Chicken Verde Enchilada Bowl <i>Brown Rice in entrée</i> Black Beans Mexican Corn <u>Fresh Orange</u> Milk