

October 2024

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>Note: Water is served for afternoon snack where no other beverage is listed</p> <p>Milk is served with breakfast and lunch</p>		<p>1 WG Oat bran muffin (contains egg), apple & milk</p> <p>Yogurt, WG wheat thins, carrots, banana & milk</p> <p>Celery sticks & sun butter</p>	<p>2 WG Life cereal, orange & milk</p> <p>Chicken vegetable soup, oyster crackers, apple & milk</p> <p>Soft pretzel with honey mustard & pear</p>	<p>3 Waffle (contains egg), banana & milk</p> <p>Black beans and brown rice (vegan), steamed corn and bell peppers, pineapple tidbits & milk</p> <p>WG wheat thins & cheese</p>	<p>4 WG Oatmeal, apple & milk</p> <p>Scrambled eggs and garlic cheddar biscuit, breakfast potatoes, fruit salad & milk</p> <p>Graham crackers & milk</p>	5
<p>6 All fruit is fresh unless otherwise stated</p>	<p>7 WG Kix cereal, orange & milk</p> <p>Macaroni and cheese (vegetarian), steamed peas, banana & milk</p> <p>Pretzels & 100% apple juice</p>	<p>8 Bagel and cream cheese, kiwi & milk</p> <p>Sliced Ham and cheese sandwich steamed green beans, applesauce & milk</p> <p>WG cereal snack mix & kiwi</p>	<p>9 WG Life cereal, apple & milk</p> <p>Pasta and meat sauce, green salad, banana & milk</p> <p>Dilled cucumbers & triscuits</p>	<p>10 WG Oat bran muffin, orange & milk</p> <p>Red beans and brown rice (vegan), steamed carrots, applesauce & milk</p> <p>Ritz crackers & cheese</p>	<p>11 WG Cheerios, apple & milk</p> <p>Beef chili, sour-dough bread, banana & milk</p> <p>WG Rice cake and sun butter</p>	12
<p>13 Wholegrain (WG) component with at least 1 meal per day. *All dry cereals contain less than 6g of sugar per dry ounce and are whole grain (WG)</p>	<p>14 IC3 CLOSED Professional Development Day</p>	<p>15 WG Chex cereal, orange & milk</p> <p>Minestrone soup (vegan), goldfish crackers, kiwi & milk</p> <p>Corn muffin & apple</p>	<p>16 Waffle, banana & milk</p> <p>Chili verde (with pork), French bread, pineapple tidbits & milk</p> <p>WG cereal snack mix & pear</p>	<p>17 WG Oat bran muffin, apple & milk</p> <p>Hummus (vegan-contains sesame) and pita, Greek salad, fruit salad & milk</p> <p>Soft pretzel with honey mustard & cheese</p>	<p>18 WG Cheerios, orange & milk</p> <p>Pepperoni pizza, steamed carrots, banana & milk</p> <p>Ritz crackers & sun butter</p>	19
20	<p>21 WG Life cereal, orange & milk</p> <p>Chicken gravy and buttermilk biscuit, mashed potatoes, applesauce & milk</p> <p>Cottage cheese & peeled baby carrots</p>	<p>22 Bagel and cream cheese, pear & milk</p> <p>Pasta e fagioli soup with beef, sliced Italian bread, orange & milk</p> <p>WG cereal snack mix & apple</p>	<p>23 Rice Krispies, apple & milk</p> <p>Spinach and cheese quesadilla, guacamole salad, banana & milk</p> <p>WG Wheat thins & cheese</p>	<p>24 WG oatmeal with banana & milk</p> <p>Macaroni and cheese with steamed broccoli and cauliflower, pineapple tidbits & milk</p> <p>Dilled cucumbers & pretzels</p>	<p>25 WG Kix cereal, kiwi & milk</p> <p>Tuna noodle casserole with steamed peas, fruit salad & milk</p> <p>Graham crackers & milk</p>	26
27	<p>28 WG Chex cereal, orange & milk</p> <p>Ham and cheese sandwich, corn chowder (contains dairy), fruit salad & milk</p> <p>Goldfish crackers & apple</p>	<p>29 WG Oat bran muffin, banana & milk</p> <p>Soft chicken taco with black beans and corn, pineapple tidbits & milk</p> <p>Bread & cheese</p>	<p>30 Waffle, applesauce & milk</p> <p>Lentil and carrot soup, French bread, fruit salad & milk</p> <p>WG Rice cake & sun butter</p>	<p>31 Rice Krispies, orange & milk</p> <p>Pasta Marinara with shredded mozzarella, pear & milk</p> <p>WG triscuits & apple</p>		

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