


# MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>5</b> Rice Krispies, orange &amp; milk</p> <p>Red beans &amp; rice (Vegan), sweet potatoes, apple &amp; milk</p> <p>WG Triscuits &amp; cheese</p>	<p><b>6</b> WG Oatbran muffin W/ applesauce &amp; milk</p> <p>Scrambled eggs, biscuit, breakfast potatoes, orange &amp; milk</p> <p>Cereal snack mix &amp; pear</p>	<p><b>7</b> WG Cheerios, apple &amp; milk</p> <p>Hummus (contains Garbanzo &amp; Sesame, vegan), pita, Greek salad, banana &amp; milk</p> <p>Rice cake &amp; pear</p>	<p><b>1</b> WG Life cereal, banana &amp; milk</p> <p>BBQ pulled pork w/ potato salad, corn bread, fruit salad &amp; milk</p> <p>Ritz Crackers &amp; sun butter</p>	<p><b>2</b> Yogurt, pear &amp; milk</p> <p>Sliced turkey w/ Provolone on WW, cucumber slices, banana &amp; milk</p> <p>Graham crackers &amp; milk</p>
<p><b>12</b> WG Kix cereal, orange &amp; milk</p> <p>Macaroni &amp; cheese (Vegetarian), steamed mixed veggies, apple sauce &amp; milk</p> <p>Sun butter &amp; crackers</p>	<p><b>13</b> WG Life cereal, apples &amp; milk</p> <p>Chicken vegetable soup w/ bread, fruit salad &amp; milk</p> <p>Goldfish &amp; pear</p>	<p><b>14</b> Bagel &amp; cream cheese, banana &amp; milk</p> <p>Falafel chili (vegan, contains sesame &amp; garbanzo) w/ beans WG brown rice, fruit salad &amp; milk</p> <p>Wheat Thins &amp; apple</p>	<p><b>8</b> Waffles (contains egg &amp; dairy), apple sauce &amp; milk</p> <p>Sun butter on WW, green beans, strawberries &amp; milk</p> <p>Pretzels &amp; kiwi</p>	<p><b>9</b> Bagels w/ cream cheese, apple &amp; milk</p> <p>Beef Stroganoff over pasta (Egg Free), steamed green beans, fruit salad &amp; milk</p> <p>WG Goldfish &amp; 100% apple juice</p>
<p><b>19</b> WG Chex cereal, kiwi &amp; milk</p> <p>Baked chicken &amp; rice, mixed veggies, apple sauce &amp; milk</p> <p>Apples &amp; sun butter</p>	<p><b>20</b> WG Life cereal, pear &amp; milk</p> <p>Beef soft taco w/ corn &amp; black beans, pineapple &amp; milk</p> <p>Goldfish &amp; orange</p>	<p><b>21</b> WG Oatmeal, banana &amp; milk</p> <p>Sun butter on WW, green beans, apple sauce &amp; milk</p> <p>WG wheat thins &amp; pear</p>	<p><b>15</b> WG Oatbran muffin, banana &amp; milk</p> <p>Meatball (contains pork &amp; egg) sandwiches w/ green salad, sliced peaches &amp; milk</p> <p>Yogurt &amp; graham crackers</p>	<p><b>16</b> Rice Krispies, orange &amp; milk</p> <p>Tuna salad on WW (contains egg), peeled baby carrots, sliced peaches &amp; milk</p> <p>Dilled cucumbers &amp; soft pretzels</p>
<p><b>26</b> <b>MEMORIAL DAY</b> <b>IC3 CLOSED</b></p>	<p><b>27</b> WG Chex cereal, apple &amp; milk</p> <p>Ham &amp; cheese on WW, potato soup (Not vegetarian), pear &amp; milk</p> <p>Pretzels &amp; banana</p>	<p><b>28</b> Bagel &amp; cream cheese w/ orange &amp; milk</p> <p>Pepperoni pizza (contains beef &amp; pork), green salad, apple &amp; milk</p> <p>WG Cereal snack mix &amp; pear</p>	<p><b>22</b> WG Kix cereal, orange &amp; milk</p> <p>Minestrone soup (vegan), crackers, fruit salad &amp; milk</p> <p>Sliced turkey &amp; Provolone w/ tortilla wraps</p>	<p><b>23</b> Bagel w/ cream cheese, orange &amp; milk</p> <p>Sweet &amp; sour pork, WG brown rice, steamed broccoli/carrots, pineapple &amp; milk</p> <p>Graham crackers &amp; milk</p>
	<p><b>30</b> WG Oatmeal, apple &amp; milk</p> <p>Chicken salad wrap (Contains eggs), peeled baby carrots, strawberries &amp; milk</p> <p>Yogurt &amp; banana</p>	<p><b>29</b> WG Life cereal, banana &amp; milk</p> <p>Macaroni &amp; cheese (vegetarian), steamed peas, fruit salad &amp; milk</p> <p>Rice cakes &amp; sun butter</p>		

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Water is served for Afternoon Snack where no other beverage is listed. Milk is served with morning snack and lunch

All fresh fruit is served unless otherwise stated

All IC3 Morning Snack include a Whole Grain (WG) component with less than .212g of sugar for dry cereals