


MAY 2025

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

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

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

All 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