

JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Bagel, banana & milk Ham & cheese on WW w/ carrots, watermelon & milk WG Rice cakes & Sun Butter	2 WG Cheerios, apple & milk Pepperoni pizza, mixed steamed veggies, peaches & milk Goldfish crackers & pear	3 WG Chex cereal, orange & milk Spinach, cheese & mushroom quesadilla (vegetarian) w/ black beans, banana & milk Graham crackers & milk	4 CLOSED
7 Rice Krispies, pear & milk Hummus & pita (Vegan) peeled baby carrots, kiwi & milk WG snack mix & apple	8 WG oat bran muffins w/ banana & milk Sun butter (Vegan) on WW, green beans, plums & milk Ritz crackers & cheese	9 WG Chex cereal, orange & milk Chicken Caesar salad, club crackers, strawberries & milk Yogurt & apple	10 Waffles, banana & milk BBQ pulled pork, potato salad, corn bread, peaches & milk Wheat thins & apple	11 WG Life cereal, kiwi & milk Chicken salad wrap w/ lettuce, tomato, fruit salad & milk Animal crackers & milk
14 WG Cheerios, apple & milk Sweet & sour meatballs (contains pork, beef & egg) rice, steamed broccoli, cantaloupe & milk Triscuits & cheese	15 Bagel, banana & milk Sliced ham & cheese on WW with lettuce, tomato, strawberries & milk Pasta veggie salad	16 Kix cereal, orange & milk Mac n cheese (vegetarian) w/ steamed mixed veggies, kiwi & milk Cucumbers & pretzels w/ dip	17 WG Life cereal, apple & milk Greek chicken w/ couscous salad, fruit salad & milk Goldfish crackers & 1-00% apple juice	18 WG Chex cereal, banana & milk Vegetarian pizza supreme w/ steamed mixed veggies, strawberries & milk Graham crackers & milk
21 WG Life cereal, orange & milk Cheese & mushroom quiche (vegetarian) w/ romaine salad, strawberries & milk Soft pretzels & apple	22 WG Kix, pear & milk Sliced turkey & Swiss on WW with carrot sticks, apple & milk Ritz crackers & sun butter	23 Waffles, apple sauce & milk Sun butter (vegan) on WW w/ steamed green beans, strawberries & milk Yogurt & banana	24 WG Cheerios, blueberries & milk BLT wraps w/ banana & milk Soft pretzels & cheese	25 Cornflakes, banana & milk Pasta marinara (vegetarian) w/ shredded mozzarella, fruit salad & milk WG rice cakes & apple
28 Bagel, orange & milk Chef salad w/ turkey, ham & cheese, club crackers, plums & milk WG Wheat thins & apple	29 Cornflakes, banana & milk Tuna salad (contains egg) on WW w/ peeled baby carrots, tomato, strawberries & milk Goldfish crackers & orange	30 WG Kix cereal, pear & milk Meatballs (contains pork, beef & egg) in red sauce w/ sliced bread, green salad, sliced peaches & milk Pretzels & apple	31 WG Oat bran muffin, banana & milk Chicken Caesar salad w/ club crackers, kiwi & milk WG snack mix & plums	

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 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