

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>IC3 CLOSED For LABOR DAY</p>	<p>2</p> <p>WG Cheerios, apple & milk</p> <p>Mac & cheese (vegetarian) w/ peas, apple sauce & milk</p>	<p>3</p> <p>Corn Flakes, orange & milk</p> <p>Sliced turkey w/ Swiss on WW, plums & milk</p> <p>Soft pretzel & sunbutter</p>	<p>4</p> <p>Bagel & cream cheese, apple & milk</p> <p>Yogurt, graham crackers, banana & carrots</p> <p>WG Triscuits & kiwi</p>	<p>5</p> <p>WG Life cereal, orange & milk</p> <p>Pulled pork on sliders w/ corn sliced peaches & milk</p> <p>Blueberry-bran muffin & milk</p>
<p>8</p> <p>WG Kix cereal, pear & milk</p> <p>Hawaiian chicken w/ rice, banana, sweet potatoes & milk</p> <p>WG Rice cakes & milk</p>	<p>9</p> <p>WG Chex, orange & milk</p> <p>Ham & cheese on WW, sliced peaches, green salad & milk</p> <p>Bran muffin (contains egg) & apple</p>	<p>10</p> <p>Waffle (contains egg), banana & milk</p> <p>Chicken spiedie on a bun w/ 3 bean salad, fruit salad & milk</p> <p>WG Goldfish & apple</p>	<p>11</p> <p>WG oat bran muffin (contains egg), apple & milk</p> <p>Pasta marinara (vegetarian), shredded mozzarella, orange & milk</p> <p>Rice cakes & banana</p>	<p>12</p> <p>WG Chex cereal, orange & milk</p> <p>Pepperoni pizza (contains beef & pork), green salad, banana & milk</p> <p>Graham crackers & milk</p>
<p>15</p> <p>WG Kix cereal, banana & milk</p> <p>Baked chicken and couscous w/ peas & carrots, apple & milk</p> <p>Cheese & Triscuits</p>	<p>16</p> <p>WG oatbran muffin (contains egg), apple & milk</p> <p>Vegan chili w/ saltine crackers, banana & milk</p> <p>WG cereal snack mix & orange</p>	<p>17</p> <p>Bagel & cream cheese, pear & milk</p> <p>Meatballs in red sauce (contains beef & pork) w/ bread, green salad, fruit salad & milk</p> <p>WG rice cakes & sunbutter</p>	<p>18</p> <p>WG Chex cereal, banana & milk</p> <p>Cottage cheese, Wheat Thins, carrots, strawberries & milk</p> <p>Cucumbers spears & pretzels</p>	<p>19</p> <p>WG Chex cereal, orange & milk</p> <p>Greek chicken salad w/ pita, cantaloupe & milk</p> <p>Animal crackers & milk</p>
<p>22</p> <p>WG Life cereal, pear & milk</p> <p>Beef Goulash, apple sauce & milk</p> <p>Goldfish & carrots</p>	<p>23</p> <p>Bagel & cream cheese, orange & milk</p> <p>Ham & cheese on WW, green salad, sliced peaches & milk</p> <p>Cereal snack mix & banana</p>	<p>24</p> <p>WG Kix cereal, apple & milk</p> <p>Chicken vegetable soup w/ crackers, fruit salad & milk</p> <p>Ritz crackers & cheese</p>	<p>25</p> <p>WG Cheerios, orange & milk</p> <p>Hummus (vegan) & pita w/ green salad, strawberries & milk</p> <p>Corn muffin & banana</p>	<p>26</p> <p>WG oatmeal, apple & milk</p> <p>Cheese pizza (vegetarian) w/ steamed carrots, bananas & milk</p> <p>Graham crackers & milk</p>
<p>29</p> <p>Corn Flakes, orange & milk</p> <p>Tuna noodle casserole w/ peas and carrots, pear & milk</p> <p>WG snack mix & apple</p>	<p>30</p> <p>Waffle, orange & milk</p> <p>Sliced turkey & cheese on WW, steamed green beans, strawberries & milk</p> <p>Ritz crackers & sunbutter</p>			

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