

OCTOBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WG Life cereal, orange & milk Yogurt, WG Wheat Thins, carrots, banana & milk Soft pretzel w/ honey mustard & pear	2 Waffle (contains egg), banana & milk Black beans & WG brown rice (Vegan), steamed corn & bell peppers, pineapple tidbits & milk Ritz cracker & cheese	3 WG oatmeal, apple & milk Scrambled eggs w/ garlic cheddar biscuit, breakfast potatoes, fruit salad & milk Graham crackers & milk
6 WG Kix cereal, orange & milk Macaroni & cheese (vegetarian), steamed peas, banana & milk Pretzels & 100% apple juice	7 Bagel w/ cream cheese, orange & milk Sliced ham and cheese sandwich, steamed green beans, banana & milk WG cereal snack mix & apple	8 WG Life cereal, apple & milk Pasta and meat sauce, green salad, banana & milk WG Goldfish crackers & pear	9 WG oat bran muffin, orange & milk Red beans & brown rice (vegan), steamed carrots, applesauce & milk Club crackers & sun butter	10 WG Cheerios, apple & milk Beef chili, sour dough bread, banana & milk WG Rice cakes & milk
13 IC3 CLOSED PROFESSIONAL DEVELOPMENT DAY	14 WG Chex cereal, orange & milk Minestrone soup (vegan), oyster crackers, kiwi & milk Corn muffin & apple	15 Waffle (contains egg), banana & milk Chili con carne, sliced bread, pineapple tidbits & milk WG cereal snack mix & pear	16 WG oat bran muffin, apple & milk Hummus (vegan, contains sesame) & pita, Greek salad, fruit salad & milk Soft pretzels w/ honey mustard & pear	17 WG Cheerios, orange & milk Pepperoni pizza, steamed carrots, banana & milk Animal crackers & milk
20 WG Life cereal, orange & milk Chicken gravy w/ buttermilk biscuits, mashed potatoes, applesauce & milk Cottage cheese & peeled baby carrots	21 Bagel w/ cream cheese, pear & milk Italian Wedding soup w/ green salad, sliced Italian bread, orange & milk WG cereal snack mix & apple	22 Rice Krispies, apple & milk Spinach & cheese quesadilla w/ corn, banana & milk WG Wheat Thins & cheese	23 WG Oatmeal w/ banana & milk Macaroni & cheese (vegetarian) w/ steamed broccoli & cauliflower, pineapple tidbits & milk 100% apple juice & pretzels	24 WG Kix cereal, orange & milk Tuna salad (contains egg) on WW w/ lettuce & tomato, fruit salad & milk Graham crackers & milk
27 WG Chex cereal, orange & milk Cheese pizza (vegetarian), steamed mixed veggies, applesauce & milk Goldfish crackers & pear	28 WG oat bran muffin, banana & milk Soft chicken taco w/ black beans & corn, pineapple tidbits & milk Cheeze-Its & apple	29 Waffle (contains egg), applesauce & milk Lentil & carrot soup (vegan) w/ bread, fruit salad & milk WG Rice cakes & sun butter	30 Rice Krispies, orange & milk Pasta marinara (vegetarian) w/ shredded mozzarella, pear & milk WG Triscuits & apple	31 WG Oatmeal, banana & milk Chicken cacciatore over pasta, fruit salad & milk Bran muffin & milk

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