

NOVEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Cheerios, apple & milk Greek chicken salad (contains dairy) w/ pita, oranges & milk Club crackers & cheese	4 WG Oat bran muffin (contains egg & dairy), banana & milk Lentil & carrot soup (vegan) w/ oyster crackers, pear & milk Sun butter on WW bread	5 Waffle (contains egg), applesauce & milk Pasta Bolognese (contains beef), romaine salad, fruit salad & milk WG cereal snack mix & pear	6 Bagel (contains sesame), orange & milk Falafel chili (vegan, contains sesame), bread sliced peaches & milk WG Wheat Thins & apple	7 WG Kix cereal, apple & milk Ham & cheese sandwiches, carrots, banana & milk Graham crackers & milk
10 Rice Krispies, orange & milk Macaroni and cheese (vegetarian), steamed peas, bananas & milk WG Wheat Thins & apple	11 WG Life cereal, banana & milk Chicken vegetable soup, crackers, pear & milk Soft pretzel bites & orange	12 WG Oatmeal, apple & milk Black beans & WG brown rice (vegan), guacamole salad, fresh fruit & milk Cottage cheese & banana	13 Corn Flakes, orange & milk Pasta marinara (vegetarian) w/ shredded mozzarella, fresh fruit & milk WG Triscuits & 100% apple juice	14 WG Cheerios, apple & milk Sun butter on WW (vegan), peeled baby carrots, banana & milk Animal crackers & milk
17 WG Kix cereal, orange & milk BBQ pulled pork sliders, steamed corn, fruit salad & milk Goldfish crackers & apple	18 Bagel (contains sesame), banana & milk Sliced turkey & Swiss on WW, vegetable soup, apple & milk Blueberry oat-bran muffin & pear (egg & dairy)	19 WG oatmeal, banana & milk Hummus (vegan & contains sesame) & pita w/ Greek salad, oranges & milk Sliced cheese & pepperoni (contains pork & beef) w/ Ritz crackers	20 Waffles (contains egg), applesauce & milk Cheese pizza (vegetarian), steamed broccoli & cauliflower, banana & milk WG rice cake & sun butter	21 WG Life cereal, apple & milk Italian Wedding soup (contains egg, dairy, pork & beef), bread, fruit salad & milk Dilled cucumbers & pretzels
24 WG Cheerios, orange & milk Turkey & gravy w/ cornbread stuffing, mashed yams, applesauce & milk Pumpkin bran muffin & milk	25 WG Chex cereal, pear & milk Moroccan chickpea stew (contains sesame, vegan), bread, bananas & milk Graham crackers & milk	26 Corn Flakes, banana & milk Baked ziti (vegetarian) w/ mozzarella & vegetables, fruit salad & milk WG Goldfish & apple	27 IC3 Closed for Thanksgiving Recess	28 IC3 Closed for Thanksgiving Recess

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