

SEPTEMBER 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

WG Cheerios, apple & milk
Mac & cheese (vegetarian) w/ peas, apple sauce & milk
WG Goldfish & Banana

2

Corn Flakes, orange & milk
Spanish rice w/ ground beef, fruit salad & milk
Pretzels & sunbutter

3

Bagel (contains sesame) & cream cheese & orange
Yogurt, graham crackers, carrots, banana & milk
WG Triscuits & apple

4

WG Life cereal, orange & milk
Sliced turkey on WW, peeled baby carrots, banana & milk
Blueberry-bran muffin (contains egg, dairy, honey) & milk

7

**IC3
CLOSED
LABOR DAY**

8

WG Chex, orange & milk
Ham & cheese on WW, sliced peaches, green salad & milk
Soft Pretzel & apple

9

Waffle (contains egg), banana & milk
Chicken spiedie on a bun (contains sesame) w/ 3 bean salad, fruit salad & milk
WG Goldfish & apple

10

WG oat bran muffin (contains egg, dairy, honey), apple & milk
Pasta marinara (vegetarian), shredded mozzarella, orange & milk
Rice cakes & banana

11

WG Chex cereal, orange & milk
Cheese pizza, green salad, banana & milk
Graham crackers & milk

14

WG Kix cereal, banana & milk
Baked chicken & couscous w/ tomato & cucumber salad, apple & milk
Cheese & Triscuits

15

WG oat bran muffin (contains egg, dairy, honey), apple & milk
Vegan chili (contains Garbanzo, sesame) w/ saltine crackers, banana & milk
WG cereal snack mix & orange

16

Bagel (contains sesame) & cream cheese, pear & milk
Pasta w/ red sauce w/ beef
WG rice cakes & sun butter

17

WG Chex cereal, banana & milk
Cottage cheese, Wheat Thins, carrots strawberries & milk
Sunbutter & pretzels

18

WG Chex cereal, orange & milk
Mac & cheese (vegetarian), moxed veggies, apple sauce & milk
Animal crackers & milk

21

WG Life cereal, pear & milk
Pasta marinara (vegetarian) w/ shredded mozzarella, orange & milk
WG Goldfish & apple

22

Bagel & cream cheese, orange & milk
Turkey & cheese on WW, green salad, banana & milk
Cereal snack mix & apple

23

WG Kix cereal, pear & milk
Chicken vegetable soup w/ crackers, orange & milk
Ritz crackers & cheese

24

WG Cheerios, orange & milk
Sun butter on WW, with green beans, apple sauce & milk
Cheeze-Its & pear

25

WG Chex cereal
Cheese pizza (vegetarian) w/ steamed carrots, bananas & milk
Graham crackers & milk

28

Corn Flakes, orange & milk
Lentil & carrot soup (vegan), w/ bread, pear & milk
WG snack mix & apple

29

Waffle (contains egg), orange & milk
Sliced turkey & cheese on WW, steamed green beans, strawberries & milk
Ritz crackers & sun butter

30

Life cereal, pear & milk
Hummus (contains sesame, garbanzo, vegan) & pita, w/ Greek salad, fruit salad & milk
Rice cakes & milk

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, 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 included a Whole Grain (WG) component with less than .212g of sugar for dry cereals