

OCTOBER 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5 WG Kix cereal, orange & milk

Mac & Cheese (Vegetarian),
steamed peas, banana & milk

Pretzels & 100% apple juice

12 Rice Krispies cereal, pear & milk

Carolina pulled pork, baked
beans, corn bread, orange &
milk

WG snack mix & apples

19 WG Life cereal, orange & milk

Chicken gravy w/ buttermilk
biscuits, mashed potatoes,
applesauce & milk

Yogurt & peeled baby carrots

26 WG Chex cereal, orange & milk

Cheese pizza (Vegetarian),
steamed mixed veggies,
applesauce & milk

Rice cakes & pears

6 Bagel w/ cream cheese, orange &
milk

Sliced ham & cheese sandwich,
steamed green beans, banana &
milk

WG cereal snack mix & apple

13 WG Chex cereal, orange & milk

Minestrone soup (vegan),
oyster crackers, banana & milk

Wheat Thins & apple

20 Bagel w/ cream cheese, pear &
milk

Tuna salad (contains egg) on WW,
sliced carrots, orange & milk

WG cereal snack mix & apple

27 WG Oat bran muffin (contains egg,
dairy, honey), banana & milk

Hummus (vegan, contains
sesame), pita, pineapple tidbits,
cucumber & tomato salad & milk

Cheese-Its & apple

7 WG Life cereal, pear & milk

Pasta & red sauce w/ beef,
banana & milk

WG Goldfish Crackers & milk

14 Waffle (contains egg), banana &
milk

Chili con carne, sliced bread,
pineapple tidbits & milk

WG cereal snack mix & pear

21 Rice Krispies, apple & milk

Chicken soft taco w/ corn,
banana & milk

WG Wheat Thins & cheese

28 Waffle (contains egg), applesauce
& milk

Lentil & carrot soup (vegan) w/
bread, fruit salad & milk

WG rice cakes & sun butter

1 Waffle (contains egg), banana &
milk

Black beans & WG brown rice
(Vegan), steamed corn & bell
peppers, pineapple tidbits & milk

Ritx crackers & cheese

8 WG oatbran muffin (contains egg,
dairy & honey), orange & milk

Red beans & brown rice (vegan),
green salad, fruit salad & milk

Club crackers & sun butter

15 WG Oat bran muffin (contains egg,
dairy, honey), apple & milk

Hummus (Vegan, contains sesame)
& pita, Greek salad (contains
diary), fruit salad & milk

Soft pretzels w/ honey mustard &
pear

22 WG Oatmeal w/ banana & milk

Mac & Cheese (Vegetarian) w/
steamed broccoli & cauliflower,
pineapple tidbits & milk

100% apple juice & pretzels

29 Rice Krispies, orange & milk

Yogurt, green salad, WG
Goldfish, pear & milk

WG Triscuits & apple

2 WG Oatmeal, apple & milk

Scrambled eggs w/ bagel,
breakfast potatoes, fruit salad &
milk

Graham crackers & milk

9 WG Cheerios, apple & milk

Beef chili, sour dough bread,
banana & milk

WG Rice cakes & milk

16 WG Cheerios, orange & milk

Cheese pizza, steamed carrots,
banana & milk

Animal crackers & milk

23 **IC3 Closed For
Professional
Development Day**

30 WG Oatmeal, banana & milk

Chicken cacciatore over pasta,
fruit salad & milk

Bran muffin (contains egg,
dairy, honey) & 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