

October-2025

Breakfast:

1-2	3-5	6-12
Milk 1/2 c	3/4 c	1 c
Fruit, Veg or both 1/4 c	1/2 c	1/2 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Dry Cereal	1 oz	
Meat/Meat Alt. 1/2 oz	1/2 oz	1 oz

*Select 2 of the 5 components

Lunch:

1-2	3-5	6-12
Milk 1/2 c	3/4 c	1 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Pasta/Noodles	1/4 c	
Fruit 1/8 c	1/4 c	1/4 c
Vegetables 1/8 c	1/4 c	1/2 c
Meat/Meat Alt. 1 oz	1.5 oz.	2 oz.

PM Snack:

1-2	3-5	6-12
Milk 1/2 c	1/2 c	1 c
Fruit 1/2 c	1/2 c	1/2 c
Vegetable 1/2 c	1/2 c	3/4 c
Grains/Breads 1/2 oz eq	1/2 oz eq	1 oz eq
Meat/Meat Alt. 1/2 oz	1/2 oz	1 oz

*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
BR -	BR -	BR - Cinnamon Raisin Bread/Cream Cheese/Bananas/Milk	BR - Life Cereal/Grapes/Milk	BR - Mini Spooners/Strawberries/Milk
LN -	LN -	LN - Peanutbutter and Jelly on WW/Cucumber/Mandrine Oranges/Milk	LN - Nachos/Salad/Pineapples/Milk	LN - Chicken Patty on WW/Pears/Green peppers/Milk
SN -	SN -	SN - Pretzels//Milk	SN - Buttersmooth Crackers/Milk	SN - Animal Crackers/Milk
6	7	8	9	10
BR - Mini Muffins/Oranges/Milk	BR - Chex Cereal/Bananas/Milk	BR - Cherrios/Strawberries/Milk	BR - Muffins/Grapes/Milk	BR - French Toast Sticks/Blueberries/Milk
LN - Meatball Subs on WW/Salad/Pineapples/Milk	LN - WW Chicken Alfredo/Carrots/Pears/Milk	LN - Tacos on WW/Salad/Mandrine Oranges/Milk	LN - Turkey and Cheese on WW/Cauliflower/Fruit Cocktail/Milk	LN - Chicken Nuggets/Corn/Pineapples/Milk
SN - Graham Crackers/Milk	SN - Multigrain Crackers/Milk	SN - Chips and Salsa/Milk	SN - Cheese itz/Milk	SN - Saltine Crackers/Milk
13	14	15	16	17
BR - Mini Muffins/Oranges/Milk	BR - Life Cereal/Bananas/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Grapes/Milk	BR - Chex Cereal/BlueberriesMilk	BR - Pancakes/Strawberries/Milk
LN - WW Beefaroni/Green Beans/Peaches/Milk	LN - Chicken Strips/WW Bun/Corn/Applesauce/Milk	LN - Nachos/WW Bun/Salad/Pineapple/Milk	LN - Turkey and Cheese on WW/Celery/Fruit Cocktail/Milk	LN - Sloppy Joe on WW/Green Beans/Mandrine Oranges/Milk
SN - Goldfish/Milk	SN - Cheese Crackers/Milk	SN - Vanilla Yogurt/Vanilla Waffers/Milk	SN - Buttersmooth Crackers/Milk	SN - Teddy Grahams/Milk
20	21	22	23	24
BR - Mini Muffins/Oranges/Milk	BR - Mini Spooners/Bananas/Milk	BR - Cinnamon Raisin Bread/Cream Cheese/Grapes/Milk	BR - Kix Cereal/Blueberries/Milk	BR - Bagles/Cream Cheese/Strawberries/Milk
LN - Hashbrown Stackers/Pickles/AppleSauce/Milk	LN - Grilled Ham and Cheese on WW/Broccoli/Fruit Cocktail/Milk	LN - WW Chicken Alfredo/Carrots/Pears/Milk	LN - Taco on WW /Green Peppers/Pinapples/Milk	LN - Chicken Nuggets/WW Bun/Salad/Fruit Cocktail/Milk
SN - Cheese itz/Milk	SN - Multigrain Crackers/Milk	SN - Saltines/Cheese Sticks/Milk	SN - Pretzels/Milk	SN - Goldfish/Milk
27	28	29	30	31
BR - Mini Muffins/Oranges/Milk	BR - Cherrios/Bananas/Milk	BR - French Toast Sticks/Strawberries/Milk	BR - Life Cereal/Grapes/Milk	BR - Pancakes/Blueberries/Milk
LN - WW Beefaroni/Celery/Pears/Milk	LN - Turkey and Cheese on WW/Cucumber/Peaches/Milk	LN - Chicken Patty on WW/Corn/Pineapples/Milk	LN - All Beef Hotdogs on WW Bun/Carrots/Pears/Milk	LN - PeanutButter and Jelly on WW/Green Peppers/Pears/Milk
SN - Graham Crackers/Milk	SN - Animal Crackers	SN - Scooby Snacks/Apple Sauce/Milk	SN - Butter Round Crackers/Milk	SN - Cheese Crackers/Milk

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
 Skim Milk = Children over 24 months
 WG = Whole Grain / WW = Whole Wheat