



October 2025

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		<u>1</u> <u>Breakfast</u> Whole Grain Life Peaches *Unflavored Whole/ Skim Milk <u>Lunch</u> Beef w/Pasta & Sauce Cooked Carrots Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Oranges Water	<u>2</u> <u>Breakfast</u> Whole Grain Bagels Oranges *Unflavored Whole/ Skim Milk <u>Lunch</u> Yogurt Celery** Corn Whole Grain Crackers Soy Butter / Oranges *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cinnamon Crisp Bites Applesauce Water	<u>3</u> <u>Breakfast</u> Apple Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken w/Diced Tomato and Rice Tossed Salad w/Dressing **Carrots Pears *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Ritz Crackers w/Soy Butter Water
<u>6</u> <u>Breakfast</u> Whole Grain Cheerios Mixed Fruit *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Turkey & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Wraps Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers Cheese Slices Water	<u>7</u> <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Vegetable Stew w/Pasta Cheese Slices Bananas Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Apples Whole Grain Ritz Crackers Water	<u>8</u> <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk <u>Lunch</u> Beef Tacos w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Applesauce Cooked Corn *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Educational Crackers Peaches Water	<u>9</u> <u>Breakfast</u> Whole Grain Kix Peaches *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Salad Celery **Red Beets Oranges Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Soft Pretzel Sticks Applesauce Water	<u>10</u> <u>Breakfast</u> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken & Pasta in a Cheese Sauce Peas Sliced Apples *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Animal Crackers Cheese Slices Water



October 2025

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>13</u> <u>Breakfast</u> 100% Orange Juice 100% Whole Wheat Bread *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Ham & Cheese Sandwiches Carrots/ **Peas Whole Wheat Bread Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Applesauce Whole Grain Blueberry Lemon Crisp Cracker Water	<u>14</u> <u>Breakfast</u> Bananas Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk <u>Lunch</u> Chili w/Ground Beef, Kidney Beans & Rice Cooked Corn Bananas *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Peaches Water	<u>15</u> <u>Breakfast</u> Whole Grain English Muffins Bananas *Unflavored Whole/ Skim Milk <u>Lunch</u> Macaroni & Cheese Tossed Salad w/Dressing **Carrots Whole Grain Crackers w/Soy Butter **Cheese Slices Applesauce *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Animal Crackers Oranges Water	<u>16</u> <u>Breakfast</u> Whole Grain Life Cereal Oranges *Unflavored Whole/ Skim Milk <u>Lunch</u> Ground Beef w/Pasta Green Beans Whole Wheat Dinner Rolls Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cheese It Crackers Cheese Slices Water	<u>17</u> <u>Breakfast</u> Applesauce Whole Grain Pancakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Turkey & Cheese Wraps Celery/ **Green Beans Apples Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers w/Soy Butter Water
<u>20</u> <u>Breakfast</u> Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk <u>Lunch</u> Ham & Cheese Slices on Whole Grain Crackers Carrots / **Peas Mixed Fruit *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Tostado Chips w/Salsa Water	<u>21</u> <u>Breakfast</u> Diced Pears Whole Grain Bagels *Unflavored Whole/ Skim Milk <u>Lunch</u> Egg Patty w/Cheese on a Whole Grain English Muffin Diced Potatoes Bananas *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Educational Crackers Cheese Slices Water	<u>22</u> <u>Breakfast</u> 100% Orange Juice 100% Whole Grain Pancakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Seasoned Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice Peaches *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Blueberry Lemon Crisp Cracker Oranges Water	<u>23</u> <u>Breakfast</u> Bananas Whole Grain Corn Chex *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Turkey & Cheese Wraps Red Beets Oranges Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Hard Pretzels Apples Water	<u>24</u> <u>Breakfast</u> 100% Orange Juice Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Barbecue on a Whole Wheat Bun Cooked Carrots Applesauce *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Graham Crackers Bananas Water



October 2025

Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>27</u> <u>Breakfast</u> Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk <u>Lunch</u> Make Your Own Ham & Cheese Wraps Carrots / **Green Beans Peaches Whole Grain Tortilla Wraps *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Ritz Crackers w/Soy Butter Water	<u>28</u> <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk <u>Lunch</u> Chicken Stew w/Mixed Vegetables Soy Butter Bananas Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Applesauce Whole Grain Goldfish Crackers Water	<u>29</u> <u>Breakfast</u> Whole Grain Kix Mixed Fruit *Unflavored Whole/ Skim Milk <u>Lunch</u> Scrambled Eggs w/Cheese Tossed Salad w/Dressing **Peas Pancakes Applesauce *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cheese It Crackers String Cheese Water	<u>30</u> <u>Breakfast</u> Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk <u>Lunch</u> Soy Pockets **Cheese Sandwiches Hard Boiled Eggs Carrots **Mixed Vegetables Fresh Apples *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Hard Pretzels Peaches Water	<u>31</u> <u>Breakfast</u> Whole Grain Cheerios Bananas *Unflavored Whole/ Skim Milk <u>Lunch</u> Ham-Green Bean-Potato Stew String Cheese Peas Whole Grain Crackers *Unflavored Whole/ Skim Milk <u>Snack</u> Whole Grain Cinnamon Crisp Crackers Apple Juice