



October 2025

School-Age Daily Menu



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		1 <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk <u>Snack</u> Whole Wheat Animal Crackers Mandarin Oranges Water	2 <u>Breakfast</u> Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk <u>Snack</u> Whole Grain Ritz Crackers Fresh Oranges Water	3 <u>Breakfast</u> Rice Krispies Sliced Peaches Unflavored Skim Milk <u>Snack</u> Whole Grain Corn Muffins Fresh Apples Water
6 <u>Breakfast</u> Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Applesauce Water	7 <u>Breakfast</u> Whole Grain Cheerios Applesauce Unflavored Skim Milk <u>Snack</u> Whole Grain Graham Crackers Pears Water	8 <u>Breakfast</u> Corn Flakes Diced Pears Unflavored Skim Milk <u>Snack</u> Whole Grain Soft Pretzel Rods **2 per Child** Cheese Dip Water	9 <u>Breakfast</u> Whole Grain Pancakes Bananas Unflavored Skim Milk <u>Snack</u> Whole Grain Ritz Crackers Soy Butter Water	10 <u>Breakfast</u> Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk <u>Snack</u> Whole Wheat Animal Crackers Mandarin Oranges Water



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<u>13</u> <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk <u>Snack</u> Fresh Carrot Sticks Dipped Soy Butter Water	<u>14</u> <u>Breakfast</u> Whole Grain Kix Cereal Peaches Unflavored Skim Milk <u>Snack</u> Whole Grain Blueberry Mini Loaves Bananas Water	<u>15</u> <u>Breakfast</u> Rice Krispie Cereal Orange Wedges Unflavored Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Applesauce Water	<u>16</u> <u>Breakfast</u> Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk <u>Snack</u> Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	<u>17</u> <u>Breakfast</u> Whole Grain Cheerios Diced Pears Unflavored Skim Milk <u>Snack</u> Yogurt Whole Grain Maple Bites Water
<u>20</u> <u>Breakfast</u> Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk <u>Snack</u> Whole Grain Animal Crackers Cheese Sticks Water	<u>21</u> <u>Breakfast</u> Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk <u>Snack</u> Whole Grain Ritz Crackers Fresh Oranges Water	<u>22</u> <u>Breakfast</u> Whole Wheat Toasted Bread 100% Orange Juice Unflavored Skim Milk <u>Snack</u> Whole Grain Goldfish Crackers Applesauce Water	<u>23</u> <u>Breakfast</u> Whole Grain Pancake Fresh Apple Unflavored Skim Milk <u>Snack</u> Whole Wheat Hard Pretzels Diced Pears Water	<u>24</u> <u>Breakfast</u> Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk <u>Snack</u> Whole Grain Animal Crackers Cheese Sticks Water



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<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>27</u> <u>Breakfast</u> Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk <u>Snack</u> Whole Grain Ritz Crackers Fresh Oranges Water	<u>28</u> <u>Breakfast</u> Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk <u>Snack</u> Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	<u>29</u> <u>Breakfast</u> Whole Grain Waffle w/Syrup Peaches Unflavored Skim Milk <u>Snack</u> Whole Grain Cheese It Crackers Mandarin Oranges Water	<u>30</u> <u>Breakfast</u> Whole Grain Corn Chex Banana Unflavored Skim Milk <u>Snack</u> Fresh Carrot Sticks Dipped Soy Butter Water	<u>31</u> <u>Breakfast</u> Whole Grain Corn Flakes Orange Wedges Unflavored Skim Milk <u>Snack</u> Whole Wheat Graham Crackers Pears Water