

October 2025 Breakfast & Snack



Mon	Tue	Wed	Thu	Fri
<i>WGR– Whole Grain Rich</i>		1 <i>AM-French toast, apples</i> <i>PM– blueberry crips, juice</i> <i>WGR</i>	2 <i>AM– muffins, cantaloupe</i> <i>PM-yogurt cereal</i> <i>WGR</i>	3 <i>AM-cereal, oranges</i> <i>PM-pretzels, juice</i> <i>WGR</i>
6 <i>AM-muffin, oranges</i> <i>PM-blueberry crips, milk</i> <i>WGR</i>	7 <i>AM-sausage, toast</i> <i>PM-goldfish crackers,</i> <i>juice</i>	8 <i>AM-quesadillas, peaches</i> <i>PM– pretzels, juice</i> <i>WGR</i>	9 <i>AM-waffles, applesauce</i> <i>PM-string cheese,</i> <i>crackers</i>	10 <i>AM– cereal, pears</i> <i>WGR</i> <i>PM-turkey & cheese,</i> <i>crackers</i>
13 <i>AM– cereal, peaches</i> <i>WGR</i> <i>PM-sliced crackers</i>	14 <i>AM-muffins, apples</i> <i>PM-graham crackers,</i> <i>applesauce</i>	15 <i>AM– pancakes, mixed fruit</i> <i>PM-goldfish & juice</i>	16 <i>AM– sausage, apples</i> <i>WGR</i> <i>PM-cereal & yogurt</i>	17 <i>AM-tator tots, toast</i> <i>WGR</i> <i>PM-string cheese,</i> <i>crackers</i>
20 <i>AM– quesadilla, pears</i> <i>WGR</i> <i>PM-pretzels, juice</i>	21 <i>AM-Oatmeal, apples</i> <i>WGR</i> <i>PM-turkey & cheese,</i> <i>crackers</i>	22 <i>AM– tator tots, toast</i> <i>WGR</i> <i>PM-graham crackers,</i> <i>applesauce</i>	23 <i>AM-waffles, pears</i> <i>WGR</i> <i>PM-blueberry crips,</i> <i>apples</i>	24 <i>AM– sausage, oranges</i> <i>PM-goldfish, juice</i>
27 <i>AM-cereal, mixed fruit</i> <i>WGR</i> <i>PM– goldfish, juice</i>	28 <i>AM– French toast, pears,</i> <i>PM-string cheese, crack-</i> <i>ers</i>	29 <i>AM-muffins, apples</i> <i>WGR</i> <i>PM-blueberry crips,</i> <i>applesauce</i>	30 <i>AM-waffles, mixed fruit</i> <i>PM-yogurt, cereal</i> <i>WGR</i>	31 <i>AM– quesadillas, peaches</i> <i>WGR</i> <i>PM– pretzels, juice</i>

October 2025 Lunch



Mon	Tue	Wed	Thu	Fri
<i>Milk is served with every meal</i>	<i>WGR– Whole Grain Rich</i>	<i>1 Chicken, Rice, refried beans, mixed fruit</i>	<i>2 Meatball sandwich, green beans, cantaloupe</i>	<i>3 NATIONAL TACO DAY! Tacos, corn , orange</i>
<i>6 Chicken nuggets, fries, oranges</i>	<i>7 Pulled pork sandwiches, broccoli, apples</i>	<i>8 Chicken noodle casserole, green beans, cantaloupe</i>	<i>9 Hamburger gravy over mashed potatoes, apples, wheat roll. WGR</i>	<i>10 Pizza, corn, oranges</i>
<i>13 Fish, fries, cantaloupe</i>	<i>14 Tacos, corn, apples WGR</i>	<i>15 Turkey & cheese sandwich, carrots, oranges WGR</i>	<i>16 Chicken teriyaki, rice, broccoli, apples</i>	<i>17 Chicken patty sandwich, green beans, oranges</i>
<i>20 Tuna sandwich, green salad w/ cucumbers, cantaloupe WGR</i>	<i>21 Tacos, corn, apples WGR</i>	<i>22 Pulled pork sandwich, corn, mixed fruit.</i>	<i>23 Chicken nuggets, broccoli, pears</i>	<i>24 Hamburger gravy over mashed potatoes, cantaloupe, wheat roll. WGR</i>
<i>27 Chicken noodle casserole, green beans, oranges</i>	<i>28 Turkey & cheese sandwich, carrots, apples WGR</i>	<i>29 Fish, tator tots, cantaloupe</i>	<i>30 Chicken patty sandwich, green beans, peaches</i>	<i>31 Pizza, fries, oranges</i>