



October 2025 Breakfast



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

 Adams County		1 Crisp Rice Cereal 3/4 c Peaches 1/2 c Skim Milk 3/4 c	2 Yogurt 4 oz Mandarin Oranges 1/2 c Skim Milk 3/4 c
6 Kix Cereal 3/4 c Peaches 1/2 c Skim Milk 3/4 c	7 Corn Chex 3/4 c Pears 1/2 c Skim Milk 3/4 c	8 Mini Wheats Cereal 3/4 c Banana 1 ea Skim Milk 3/4 c	9 Cottage Cheese 1/4 c Strawberries 1/2 c Skim Milk 3/4 c
13 Cornflakes Cereal 1/2 c Pineapple 1/2 c Skim Milk 3/4 c	14 Yogurt 4 oz Pears 1/2 c Skim Milk 3/4 c	15 Toasted O's Cereal 1/2 c Peaches 1/2 c Skim Milk 3/4 c	16 Crisp Rice Cereal 3/4 c Pineapple 1/2 c Skim Milk 3/4 c
20 Chex Cereal 1/2 c Pears 1/2 c Skim Milk 3/4 c	21 English Muffin 17 gm Mandarin Oranges 1/2 c Skim Milk 3/4 c	22 Toasted O's Cereal 1/2 c Banana 1 each Skim Milk 3/4 c	23 Hard Cooked Egg 1 each Strawberries 1/2 c Skim Milk 3/4 c
27 Kix Cereal 3/4 c Mandarin Oranges 1/2 c Skim Milk 3/4 c	28 Cornflakes 1/4 c Applesauce 1/2 c Skim Milk 3/4 c	29 Biscuit 14 gm Peaches 1/2 c Skim Milk 3/4 c	30 <i>Teacher Prep Day</i> NO SCHOOL



October 2025 Lunch



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Adams County

6 Spaghetti 1/4 c / Meat Sauce 1.5 oz Green Beans 1/4 c Fruit Mix 1/4 c Skim Milk 3/4 c	7 Chicken 1.5 oz / Gravy Corn 1/4 c Mangos 1/4 c Dinner Roll 14 gm Skim Milk 3/4 c	1 Ham Sandwich 1.5 oz Sweet Potato Fries 1/4 c Strawberries 1/4 c Skim Milk 3/4 c	2 BBQ Chicken 1.5 oz Rice 1/4 c Peas 1/4 c Pineapple 1/4 c Skim Milk 3/4 c
13 Turkey Sandwich 1.5 oz Carrots 1/4 c Mixed Fruit 1/4 c Skim Milk 3/4 c	14 Chicken Chili 3/4 c Saltine Crackers 14 gm Corn 1/4 c Strawberries 1/4 c Skim Milk 3/4 c	8 Cheese & Egg Patty 1.5 oz Tator Tots 1/4 c Biscuit 14 gm Pineapple 1/4 c Skim Milk 3/4 c	9 Meatloaf Patty 2 oz Mashed Potatoes 1/4 c Mandarin Oranges 1/4 c Toast 14 gm Skim Milk 3/4 c
20 Beef & Cheese Taco 1.5 oz / Tortilla 14 gm Corn 1/4 c Applesauce 1/4 c Skim Milk 3/4 c	21 Ham & Egg Rolls 1.5 oz Toast 14 gm Pineapple 1/4 c Hashbrowns 1/4 c Skim Milk 3/4 c	15 Tuna Casserole 1.5 oz / Noodles 1/4 c Mixed Vegetables 1/4 c Mangos 1/4 c Skim Milk 3/4 c	16 Hamburger 2 oz / Bun 14 gm French Fries 1/4 c Peaches 1/4 c Skim Milk 3/4 c
27 Ham & Cheese Potatoes 1.5 oz Roll 14 gm Strawberries 1/4 c Skim Milk 3/4 c	28 Lasagna 1.5 oz / 14 gm grains Pears 1/4 c Skim Milk 3/4 c	22 Chicken & Noodles 1.5 oz / 14 gm Peas 1/4 c Pears 1/4 c Skim Milk 3/4 c	23 Beef Patty w/Gravy 2 oz Roll 14 gm Green Beans 1/4 c Peaches 1/4 c Skim Milk 3/4 c
		29 Chicken Posole 3/4 c Tortilla Chips 28 gm Pineapple 1/4 c Skim Milk 3/4 c	30 Teacher Prep Day NO SCHOOL



October 2025 Snack



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

 Adams County		1 Carrot Sticks 1/2 c / Ranch Dressing Milk 1/2 c	2 Oatmeal Bake 1/4 c Skim Milk 1/2 c
6 Bagel 14 gm / w/cream cheese .75 oz Skim Milk 1/2 c	7 Apple Wedges 1/2 c Skim Milk 1/2 c	8 Cheese Sandwich 1/2 oz Water	9 Cheez-It Crackers 21 gm Cucumbers 1/4 c Water
13 Bug Bite Crackers 14 gm Applesauce 1/2 c	14 Orange Slices 1/2 c Skim Milk 1/2 c	15 Goldfish Crackers 10 gm Skim Milk 1/2 c	16 String Cheese 1/2 oz Club Cracker 11 gm Water
20 Hard Pretzels 11 gm Water	21 Broccoli Florets 1/2 c / Ranch Dressing Milk 1/2 c	22 Tortilla Chips 28 gm / Salsa Apple Juice 1/2 c	23 Cheez-It Crackers 21 gm Skim Milk 1/2 c
27 Mixed Fruit 1/2 c Saltine Crackers 11 gm	28 Simply Chex 14 gm Milk 1/2 c	29 Ham Sandwich 1/2 oz Water	30 Teacher Prep Day NO SCHOOL