

October 2025 Breakfast



Monday	Tuesday	Wednesday	Thursday
		1 <i>Pancakes (17 gm.)</i> <i>Strawberries (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	2 <i>Rice Crispie Cereal (3/4 cup)</i> <i>Tropical Fruit (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>
6 <i>Corn Chex Cereal (3/4 cup)</i> <i>Applesauce (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	7 <i>French Toast (35 gm.)</i> <i>Mixed Fruit (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	8 <i>Cheese Rounds (.5 oz.)</i> <i>Oranges (1/2 each)</i> <i>Skim Milk (3/4 cup)</i>	9 <i>Kix Cereal (3/4 cup)</i> <i>Peaches (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>
13 <i>Frosted Mini Wheats (3/4 cup)</i> <i>Pineapple (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	14 <i>Oatmeal (1/3 cup)</i> <i>Peaches (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	15 <i>Cheese Quesadillas (.5 oz.)</i> <i>Pears (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	16 <i>Cornflakes Cereal (3/4 cup)</i> <i>Mixed Fruit (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>
20 <i>Cheerios (3/4 cup)</i> <i>Mixed Fruit (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	21 <i>Waffles (17 gm.)</i> <i>Mandarin Oranges (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	22 <i>Malt-O-Meal (1/3 cup)</i> <i>Apple Juice (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	23 <i>Rice Crispie Cereal (3/4 cup)</i> <i>Tropical Fruit (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>
27 <i>Corn Chex Cereal (3/4 cup)</i> <i>Pears (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	28 <i>Cinnamon Toast (1/2 slice)</i> <i>Peaches (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	29 <i>Bagels (14 gm.)</i> <i>Apple Juice (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	30 <i>NO SCHOOL</i>

October 2025 Lunch



Monday

Tuesday

Wednesday

Thursday

		<i>1</i> Lasagna Casserole (1.5 oz.) Corn (1/4 cup) Mixed Fruit (1/4 cup) Skim Milk (3/4 cup)	<i>2</i> Chicken Nuggets (1.5 oz.) French Fries (1/4 cup) Mango Chunks (1/4 cup) Skim Milk (3/4 cup)
<i>6</i> Chicken Fajitas/tortillas (1.5 oz.) Mixed Vegetables (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	<i>7</i> Spaghetti/Meat Sauce (1.5 oz.) Green Beans (1/4 cup) Tropical Fruit (1/4 cup) Skim Milk (3/4 cup)	<i>8</i> Mandarin Orange Chicken (1.5 oz.) Pineapple (1/4 cup) Broccoli (1/4 cup) Rice (1/4 cup) Skim Milk (3/4 cup)	<i>9</i> Hamburgers/Bun (1.5 oz.) French Fries (1/4 cup) Mandarin Oranges (1/4 cup) Skim Milk (3/4 cup)
<i>13</i> Sloppy Joe/Bun (1.5 oz.) Spinach Salad (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	<i>14</i> Breaded Chicken Patties (1.5 oz.) Mashed Potatoes (1/4 cup) Mango Chunks (1/4 cup) Skim Milk (3/4 cup)	<i>15</i> Nachos/Meat/Cheese (1.5 oz.) Mixed Vegetables (1/4 cup) Mandarin Oranges (1/5 cup) Skim Milk (3/4 cup)	<i>16</i> Turkey Sandwich (1.5 oz.) Carrots (1/4 cup) Oranges (1/2 each) Skim Milk (3/4 cup)
<i>20</i> Breaded Mozzarella Cheese(1.5 oz.) Lettuce Salad (1/4 cup) Peaches (1/4 cup) Skim Milk (3/4 cup)	<i>21</i> Chicken & Noodles (1.5 oz.) Carrots (1/4 cup) Pears (1/4 cup) Skim Milk (3/4 cup)	<i>22</i> Beef Stroganoff (1.5 oz.) Corn (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	<i>23</i> Chili Soup (1.5 oz.) Pineapple (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)
<i>27</i> Cheese Ravioli (1.5 oz.) Brussel Sprouts (1/4 cup) Applesauce (1/4 cup) Skim Milk (3/4 cup)	<i>28</i> Spanish Rice & Beef (1.5 oz.) Green Beans (1/4 cup) Pineapple (1/4 cup) Skim Milk (3/4 cup)	<i>29</i> Vegetable Beef Soup (1.5 oz.) Blueberries (1/4 cup) Saltine Crackers (11 gm.) Skim Milk (3/4 cup)	<i>30</i> NO SCHOOL

October 2025 Snack



Monday	Tuesday	Wednesday	Thursday
		1 <i>Bagel (13 gm.)</i> <i>Cream Cheese</i> <i>Skim Milk (1/2 cup)</i>	2 <i>Apple Wedges (1/2 cup)</i> <i>Skim Milk (1/2 cup)</i>
6 <i>Cheese Sandwich (1/2 oz.)</i> <i>Water</i>	7 <i>Cottage Cheese (1/4 cup)</i> <i>Peaches (1/2 cup)</i> <i>Water</i>	8 <i>Bug Bite Graham Crackers (14 gm.)</i> <i>Skim Milk (1/2 cup)</i>	9 <i>Orange Slices (1/2 cup)</i> <i>Skim Milk (1/2 cup)</i>
13 <i>Goldfish Crackers (10 gm.)</i> <i>Skim Milk (1/2 cup)</i>	14 <i>String Cheese (1/2 oz.)</i> <i>Club Crackers (11 gm)</i> <i>Water</i>	15 <i>Strawberries (1/2 cup)</i> <i>Hard Pretzels (11 gm.)</i> <i>Water</i>	16 <i>Tortilla Chips (14 gm.)</i> <i>Salsa</i> <i>Apple Juice (1/2 cup)</i>
20 <i>Broccoli Florets (1/2 cup)</i> <i>Ranch Dressing</i> <i>Skim Milk (1/2 cup)</i>	21 <i>Cheese-It-Crackers (11 gm.)</i> <i>Skim Milk (1/2 cup)</i>	22 <i>Strawberry Yogurt (4 oz.)</i> <i>Banana (1/2 cup/1 each)</i> <i>Skim Milk (3/4 cup)</i>	23 <i>Simply Chex (14 gm.)</i> <i>Skim Milk (1/2 cup)</i>
27 <i>Turkey Sandwich(1/2 oz.)</i> <i>Water</i>	28 <i>Mixed Fruit Cup (1/2 cup)</i> <i>Saltine Crackers (11 gm.)</i> <i>Water</i>	29 <i>Breadstick with Mozzarella (1 each)</i> <i>Marinara Sauce</i> <i>Water</i>	30 <i>NO SCHOOL</i>