



For the Week of: 10/13/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	CLOSED TEACHER WORKDAY	Rice Crispies Milk	Whole Grain English Muffins w/Jelly Milk	Baked Apples w/ Cinnamon Milk	Banana's w/Vanilla Yogurt Milk
Lunch	CLOSED TEACHER WORKDAY	Turkey w/ Cheese on Wheat Bread Smiley Fries Pears <i>Vegetarian: Cheese Sandwich on Wheat Bread</i> Milk	Whole Grain Penne Pasta w/Chicken and Alfredo Sauce Broccoli Oranges <i>Vegetarian: Whole Grain Penne Pasta w/ Alfredo Sauce</i> Milk	Chicken Casserole w/Whole Grain Noodles Green Beans Pears <i>Vegetarian: Veggie Chicken casserole w/ noodles</i> Milk	Cheeseburgers Corn Pineapple <i>Vegetarian: Veggie Burgers w/ Cheese</i> Milk
PM Snack	CLOSED TEACHER WORKDAY Water	Diced Strawberries Graham Crackers Water	Ritz Crackers w/ sliced cheese Water	Strawberry Chex Mix Water	Whole Grain Goldfish Pretzels Water

Milk- Fat Free or 1% (non-flavored) for ages 2 and older

Bread and Pasta- Whole grain options will be used whenever possible

All cheese- to be unprocessed and low fat, i.e. low-fat cream cheese, low-fat mozzarella

Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily

Hydrogenated/partially hydrogenated vegetable oils are never to be used



Cadence EDUCATION®

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Kix Cereal Milk	Oatmeal Milk	Scrambled Egg Pattie w/ Wheat Toast Milk	Whole Grain Pancakes w/ syrup Milk	Vanilla Yogurt w/ Graham Crackers Milk
Lunch	Beef Ravioli Corn Pears <i>Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk	Beef Tacos w/lettuce, cheese, and salsa Black Beans Pineapple <i>Vegetarian: Bean Taco</i> Milk	Whole Grain Mac and Cheese Green Beans Peaches <i>Vegetarian: Same entrée as above</i> Milk	Sliced Ham w/cheese on wheat Sweet Potato Tator Tot's Mixed Fruit <i>Vegetarian: Cheese Sandwich on Wheat Bread</i> Milk	Sloppy Joes Peas Oranges <i>Vegetarian: Sloppy Joes made w/ Veggie Protein Crumbles in Tomato Sauce</i> Milk
Snack	Fig Newtons Water	Animal Crackers And Raisons Water	Pita bread and Hummus Water	Organic Mango with Graham Cracker Water	Cheddar Cheese Chex Mix Water

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