

For the Week of: 10/06/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cheerios	Raisin Bread	Whole Grain Biscuits w/jelly	Whole Grain French Toast Sticks	Blueberry Muffins
	Milk	Milk	Milk	Milk	Milk
Lunch	Whole Grain Spaghetti Carrots Applesauce	Beef Ravioli Green Beans Mixed Fruit	Bean and Cheese Quesadilla Corn Oranges	Chicken Noodle Soup Peas Peaches	Grilled Chicken Sandwich Mixed Veggies Pears
	Vegetarian: Whole Grain Macaroni w/ Veggie Protein Crumbles and Tomato Sauce	Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce	Vegetarian: Same as above	Vegetarian: Tomato Soup	Vegetarian: Veggie Chicken Sandwich
	Milk	Milk	Milk	Milk	Milk
PM Snack	Gingerbread and orange slices	Pineapple with Saltine Crackers	Wheat Thins with Cheddar Cheese Stick	Apple Slices/ and Graham Crackers	Whole Grain Goldfish Crackers
	Water	Water	Water	Water	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



For the Week of: 10/13/2025

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

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Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily



For the Week of: 10/20/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cornflakes	Turkey Sausage and Home Fries	Bagels w/ Cream Cheese	Whole Grain Waffles w/ syrup	Nutrigrain Bars
	Milk	Milk	Milk	Milk	Milk
Lunch	Hamburger Casserole w/ Brown Rice Carrots Applesauce Vegetarian: Veggie Burger Crumbles w/ Brown Rice	Salisbury Steak Mashed Potatoes Corn Mixed Fruit Vegetarian: Veggie Burger Pattie	Grilled Chicken Strips w/ Brown Rice Green Beans Peaches Vegetarian: Veggie Chicken Nuggets w/	Grilled Cheese on Wheat Bread Pinto Beans Pears Vegetarian: Same as above	Whole Wheat Crust Cheese Pizza Peas Pineapple Tidbits Vegetarian: Same entrée as above
	Milk	Milk	Brown Rice Milk	Milk	Milk
PM Snack	Cornbread And Peaches	Saltine Crackers w/ Cheese Slices	Cottage Cheese w/ Pineapple	Cheeze Its And Blueberries	Ritz Crackers w/ String Cheese
	Water	Water	Water	Water	Water

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Yogurt- fat-free or low-fat 1%

At least 1 whole grain to be included daily



For the Week of: 10/27/2025

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Kix Cereal	Oatmeal	Scrambled Egg Pattie w/ Wheat Toast	Whole Grain Pancakes w/ syrup	Vanilla Yogurt w/ Graham Crackers
	Milk	Milk	Milk	Milk	Milk
Lunch	Beef Ravioli Corn Pears Vegetarian: Pasta made w/ Veggie Protein Crumbles in Tomato Sauce Milk	Beef Tacos w/lettuce, cheese, and salsa Black Beans Pineapple Vegetarian: Bean Taco	Whole Grain Mac and Cheese Green Beans Peaches Vegetarian: Same entrée as above	Sliced Ham w/cheese on wheat Sweet Potato Tator Tots Mixed Fruit Vegetarian: Cheese Sandwich on Wheat Bread	Sloppy Joes Peas Oranges Vegetarian: Sloppy Joes made w/ Veggie Protein Crumbles in Tomato Sauce 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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