

# Breakfast

# October 2025



WGR-Whole Grain    WW - Whole Wheat    MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Size Servings Ages 1-2</b> 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, ¾ Cup			<b>1</b> All Bran Wheat Cereal Banana Slices Milk & Water	<b>2</b> (WG) Chex Cereal Mandarin Oranges Milk & Water	<b>3</b> Cream of Wheat Cereal Mandarin Oranges Milk & Water	<b>4</b> <b>Size Servings Ages 3-5</b> 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
<b>5</b> <b>Size Servings Ages 1-2</b> 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, ¾ Cup	<b>6</b> Oatmeal Apple Slices Milk & Water	<b>7</b> (WG) Pancakes Peach Slices Milk & Water	<b>8</b> (MG) Cheerio Cereal Pear Slices Milk & Water	<b>9</b> English Muffins with Jelly Mandarin Oranges	<b>10</b> (WW) Bagel & Cream Cheese Orange Slices Milk & Water	<b>11</b> <b>Size Servings Ages 3-5</b> 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
<b>12</b> <b>Size Servings Ages 1-2</b> 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, ¾ Cup	<b>13</b> WG) French Toast Peaches Milk & Water	<b>14</b> (WG) Waffles Pineapple Chunks Milk & Water	<b>15</b> All Bran Wheat Cereal Banana Slices Milk & Water	<b>16</b> (WG) Chex Cereal Mandarin Oranges Milk & Water	<b>17</b> Cream of Wheat Cereal Mandarin Oranges Milk & Water	<b>18</b> <b>Size Servings Ages 3-5</b> 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
<b>19</b> <b>Size Servings Ages 1-2</b> 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, ¾ Cup	<b>20</b> Oatmeal Apple Sauce Milk & Water	<b>21</b> (WG) Pancakes Pears Slices Milk & Water	<b>22</b> (MG) Cheerio Cereal Pear Slices Milk & Water	<b>23</b> English Muffins Mandarin Oranges Milk & Water	<b>24</b> (WW) Bagel & Cream Cheese Orange Slices Milk & Water	<b>25</b> <b>Size Servings Ages 3-5</b> 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup
<b>26</b> <b>Size Servings Ages 1-2</b> 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, ¾ Cup	<b>27</b> WG) French Toast Peaches Milk & Water	<b>28</b> (WG) Waffles Pineapple Chunks Milk & Water	<b>29</b> All Bran Wheat Cereal Banana Slices Milk & Water	<b>30</b> (WG) Chex Cereal Mandarin Oranges Milk & Water	<b>31</b> Cream of Wheat Cereal Mandarin Oranges Milk & Water	<b>Size Servings Ages 3-5</b> 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅛ Cup

# Lunch

# October 2025



WGR – Whole Grain

WW – Whole Wheat

MG – Multi Grain

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Size Servings Ages 1-2</b> 1 Ounce/4 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, 2 tbsp			<b>1</b> (WW) Turkey & Cheese Sandwiches with Mayonnaise Carrots w/Ranch Banana Milk & Water	<b>2</b> Chicken Taquitos Mexican Rice With Corn Mixed Fruit Milk & Water	<b>3</b> Cheese Pizza Carrot Sticks With Ranch Banana Slices Milk & Water	<b>4</b> <b>Size Servings Ages 3-5</b> 1.5 Ounces / 6 Ounces 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅜ Cup
<b>5</b> <b>Size Servings Ages 1-2</b> 1 Ounce/4 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, 2 tbsp	<b>6</b> Cheese & Spinach Ravioli With Marinara Sauce Mixed Vegetables Pineapple Chunks Milk & Water	<b>7</b> Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	<b>8</b> (WW) Macaroni & Cheese Steamed Peas Pear Slices Milk & Water	<b>9</b> (WW) Cheese & Bean Burritos Mexican Rice Steamed Green Beans Peach Slices Milk & Water	<b>10</b> Sloppy Joes on a (WW) Bun Peas and Carrots Orange Slices Milk & Water	<b>11</b> <b>Size Servings Ages 3-5</b> 1.5 Ounces / 6 Ounces 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅜ Cup
<b>12</b> <b>Size Servings Ages 1-2</b> 1 Ounce/4 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, 2 tbsp	<b>13</b> (WW) Fettuccini Alfredo with Chicken Mixed Vegetables Peach Slices Milk & Water	<b>14</b> BBQ Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	<b>15</b> Chicken & Cheese Burgers (WW) Carrots Sticks Watermelon Milk & Water	<b>16</b> (WW) Soft Chicken Tacos Spanish Rice Mixed Vegetables Banana Slices Milk & Water	<b>17</b> Chicken Tenders Mashed Potatoes Steamed Peas Pineapple Chunks Milk & Water	<b>18</b> <b>Size Servings Ages 3-5</b> 1.5 Ounces / 6 Ounces 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅜ Cup
<b>19</b> <b>Size Servings Ages 1-2</b> 1 Ounce/4 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, 2 tbsp	<b>20</b> (WW) Spaghetti with Meat Sauce Green Beans Peach Slices Milk/Water	<b>21</b> (WG) Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk & Water	<b>22</b> Chicken Nuggets Mashed Potatoes (WW) Bun Peas Orange Slices Milk & Water	<b>23</b> Chicken & Cheese Flautas Spanish Vegetable Rice Peach Slices Milk & Water	<b>24</b> Popcorn Chicken With BBQ Sauce Steamed Broccoli Apple Slices Milk & Water	<b>25</b> <b>Size Servings Ages 3-5</b> 1.5 Ounces / 6 Ounces 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅜ Cup
<b>26</b> <b>Size Servings Ages 1-2</b> 1 Ounce/4 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¼ Cup ⅛ Cup, 2 tbsp	<b>27</b> (WW) Baked Ziti with Mozzarella & Marinara Sauce Green Beans Garlic Bread Apple Slices Milk & Water	<b>28</b> Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk & Water	<b>29</b> Turkey Meatloaf Mashed Potatoes Steamed Peas Orange Slices Milk & Water	<b>30</b> (WW) Chicken & Cheese Quesadillas Spanish Rice Peach Slices Milk & Water	<b>31</b> (WW) Grilled Cheese Sandwiches Carrots with Ranch Dressing Banana Milk & Water	<b>Size Servings Ages 3-5</b> 1.5 Ounces / 6 Ounces 6 Fluid Ounces ½ Slice / Serving ¼ Cup, ½ Cup ¾ Cup, ⅜ Cup

# AM & PM Snack

# October 2025



WG – Whole Grain WW – Whole  
Wheat

MG – Multi Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Size Servings Ages 1-2</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp			<b>1</b> (WG) Cereal Mix Apple Sauce BelVita Biscuit Milk & Water	<b>2</b> Honey Maid Crackers Apple Slices Banana Milk & Water	<b>3</b> Vanilla Yogurt Peach Slices Go Gurt Milk & Water	<b>4</b> <b>Size Servings Ages 3-5</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp
<b>5</b> <b>Size Servings Ages 1-2</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp	<b>6</b> (WW) Wheat Crackers Apple Slices Go Gurt Milk & Water	<b>7</b> (WG) Wheat Thins & Cheese Cubes Orange Slices BelVita Biscuits Juice & Water	<b>8</b> (WG) Mini Bagels With Cream Cheese String Cheese Banana Milk & Water	<b>9</b> Blueberry Muffin Apple Sauce Saltine Crackers Milk & Water	<b>10</b> (WG) Wheat Crackers String Cheese Oranges Slices Milk & Water	<b>11</b> <b>Size Servings Ages 3-5</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp
<b>12</b> <b>Size Servings Ages 1-2</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp	<b>13</b> Ritz Crackers & Cheese Apple Slices Go Gurt Milk & Water	<b>14</b> Graham Crackers Orange Slices Watermelon Milk & Water	<b>15</b> (WG) Chex Mix Apple Sauce String Cheese Milk & Water	<b>16</b> BelVita Biscuits Banana Animal Crackers Milk & Water	<b>17</b> Vanilla Yogurt Peach Slices Orange Slices Milk & Water	<b>18</b> <b>Size Servings Ages 3-5</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp
<b>19</b> <b>Size Servings Ages 1-2</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp	<b>20</b> Saltine Crackers Apple Slices Watermelon Milk & Water	<b>21</b> (WG) Wheat Thins & Cheese Cubes Orange Slices Belvita Biscuit Milk & Water	<b>22</b> (WG) Mini Bagels With Cream Cheese Banana Animal Crackers Milk & Water	<b>23</b> Blueberry Muffin Apple Sauce Mandarin Milk & Water	<b>24</b> (WG) Wheat Crackers String Cheese Peach Slices Milk & Water	<b>25</b> <b>Size Servings Ages 3-5</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp
<b>26</b> <b>Size Servings Ages 1-2</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp	<b>27</b> Ritz Crackers & Cheese Apple Slices Banana Milk & Water	<b>28</b> Graham Crackers Orange Slices Go Gurt Milk & Water	<b>29</b> Chex Mix Apple Sauce String Cheese Milk & Water	<b>30</b> Mini Bagels with Cream Cheese Animal Crackers Banana Milk & Water	<b>31</b> Vanilla Yogurt Peach Slices Mandarin Milk & Water	<b>31</b> <b>Size Servings Ages 3-5</b> ½ Ounce/2 Ounces 4 Fluid Ounces ½ Slice/Serving ½ Cup, ¾ Cup ⅛ Cup, 1tbsp