



OCTOBER 2025 MENU

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
WGR= Whole Grain Rich.	 All milk is low-fat 1%		1 B: kix cereal, banana, and milk L: Chicken Soup w/ Vegetables, corn tortilla, watermelon, and milk. PM Snack: wgr wheat thins crackers, carrots, and apple juice	2 B: Pancakes, watermelon, and milk L: Wgr Pasta w/ ground beef, and marinate sauce, green salad, apples, and milk PM Snack: graham crackers, carrots, and apple juice	3 B: cheerios cereal, banana, and milk L: wgr Hot dogs, baked fries, watermelon, and milk PM Snack: Pretzels, carrots, and apple juice	4
5	6 B: Kix Cereal, banana, and milk L: Baked chicken, rice w/ vegetables, watermelon, and milk PM Snack: wgr wheat thins crackers, carrots, and apple juice	7 B: wgr toast w/ cream cheese, apples, and milk L: Ground Beef w/ vegetables, rice, cantaloupe, and milk PM Snack: graham crackers, carrots, and apple juice	8 B: cheerios cereal, banana, and milk L: Wgr Pasta w/ ground beef, and marinate sauce, green salad, apples, and milk PM Snack: Yogurt, carrots, and apple juice	9 B: Pancakes, watermelon, and milk L: wgr Hot dogs, baked fries, watermelon, and milk PM Snack: pretzels, carrots, and apple juice	10 B: kix Cereal, banana, and milk L: Wgr Grill cheese sandwich, green salad, apples, and milk PM Snack: goldfish crackers, carrots, and apple Juice	11
12	13 B: Cheerios Cereal, banana, and milk L: wgr quesadilla, green salad, cantaloupe, and milk. PM Snack: Ritz crackers, carrots, and apple juice	14 B: wgr toast w/ cream cheese, apples, and milk L: teriyaki chicken, rice w/ vegetables, watermelon, and milk PM Snack: yogurt, carrots, and apple juice	15 B: kix cereal, banana, and milk L: Chicken Soup w/vegetables, corn tortilla, apples, and milk. PM Snack: wgr wheat thins crackers, carrots, and apple juice	16 B: Pancakes, watermelon, and milk L: wgr bean burrito green salad, cantaloupe, and milk PM Snack: graham crackers, carrots, and apple juice	17 B: cheerios Cereal, banana, and milk L: Wgr Pasta w/ ground beef, marinate sauce, green salad, apples, and milk PM Snack: goldfish crackers, carrots, and apple juice	18
19	20 B: kix Cereal, banana, and milk L: Wgr grill cheese Sandwich, green salad, watermelon, and milk. PM Snack: Ritz Crackers, carrots, and apple juice	21 B: Wgr toast w/ cream cheese, apples, and milk L: Ground Beef w/ vegetables, rice, cantaloupe, and milk PM Snack: Yogurt, carrots, and apple juice	22 B: cheerios cereal, banana, and milk L: Baked chicken, rice w/ vegetables, apples, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple juice	23 B: Pancakes, watermelon, and milk L: wgr quesadilla, green salad, apples, and milk PM Snack: goldfish crackers, carrots, and apple juice	24 B: Kix cereal, banana, and milk L: wgr Hot dogs, baked fries, cantaloupe, and milk PM Snack: graham crackers, carrots, and apple juice	25
26	27 B: cheerios Cereal, banana, and milk L: wgr quesadilla, green salad, watermelon, and milk PM Snack: goldfish crackers, carrots, and apple juice	28 B: Wgr toast w/ cream cheese, apples, and milk L: Ground Beef w/ vegetables, rice, apples, and milk PM Snack: Yogurt, carrots, and apple juice	29 B: kix cereal, banana, and milk L: Wgr Pasta w/ ground beef, marinate sauce, green salad, watermelon, and milk PM Snack: Pretzels, carrots, and apple juice	30 B: Pancakes, apples, and milk L: teriyaki chicken, rice w/ vegetables, cantaloupe, and milk PM Snack: Wgr wheat thins crackers, carrots, and apple juice	31 B: cheerios Cereal, banana, and milk L: Wgr grill cheese Sandwich, green salad, apples, and milk. PM Snack: Ritz Crackers, carrots, and apple juice	 Juice is 100%Fruit