Early Learning Center Month: October 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
 As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2	3-5	6-12	Wednesday	Thursday	Friday
		age	age	age	October 1	October 2	October 3
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk
		cup	cup	cup			
	Fruit	1/4	1/2	1/2	Pears	Mango	Bananas
	Vegetable	cup	cup	cup			
	Grains	½ S	½ S	1s or	Rice Chex	Life Cereal	Whole
	(oz eq)	or ½ serv	or ½ serv	1 serv	Cereal		Wheat
		(1/2	(1/2	(1			Bagels
		oz)	oz)	oz)			
		,		/			
	Add. Food						Cream
	option						Cheese
Lunch	Milk	½ cup	³ / ₄ CUD	l cup	Milk	Milk	Milk
	Vegetable	1/8	1/8	1/4	Corn	Broccoli	Lima Beans
	301000	cup	cup	cup		Di OCCOII	Liina Beans
	Fruit	1/8	1/8c	1/2	Mixed Fruit	Orange	Apples
		cup	ир	cup		Slices	Slices
	Meat/	1 oz	1 ½	2 oz	Diced	Chicken Breast	Egg Salad
	alternative		OZ		Chicken and	with Teriyaki	(egg, light
					Salsa	Sauce	mayo,
							mustard, dill)
							HM
	Grains	½ S	½ S	1 s or	Whole	Whole Grain	Whole
	(oz eq)	or ½	or ½	1	Wheat	Slider Roll	Wheat
		serv	serv	serv	Tortilla		Bread
		(1/2 oz)	(1/2 oz)	(1 oz)	10111110		5.000
	Add. Food	02)	OZJ	OZJ			
	option						
Snack	Fluid	½ cup	½ CUD	1 cup	Apple Juice	Water	Milk
	Fruit/	1/2	1/2	3/4			
	vegetable	cup	cup	cup			
	Grains	½ S	½ S	1 s or	Multi-Grain	Saltine	Whole Grain
	(oz eq)	or ½	or ½	1	Club	Crackers and	Cheddar
		serv	serv	serv	Crackers	Cheddar	Goldfish
		(1/2	(1/2	(1		Cheese Cubes	
		oz)	oz)	oz)			

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	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	October 6	October 7	October 8	October 9	October 10
Dunaldan	Milk	1/2	3/4	1					October 10
Breakfast	MIIK	CUP	CUP	cup	Milk	Milk	Milk	Milk	
	Fruit	1/4	1/2	1/2	Mandarin	Strawberries	Orange	Blueberries	CLOSED
	Vegetable	cup	cup	cup	Oranges	on a w bennes	Slices	Dioebenies	010015
	Grains	1/2	-½ S	-1s	Multi-Grain	Corn Flakes	+	Corn Chex	
	(oz eq)	serv	or ½	or 1			Rice Krispies		
	(02 64)	- 1/4	serv	serv	Cheerios	Cereal	Cereal	Cereal	
		cup or	-1/3 cup	-3/4 cup	Cereal				
		1/30	or	or					
		Z	- 1/4	1 oz					
		-1/4 CUD	cup	- ½ CUD					
		or 1	1.5	or 2					
		OZ	OZ	OZ					
	Add. Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	
	.,	cup	cup	cup					
	Vegetable	1/8	1/8	1/4	Zucchini	Salad (PS-	Green Beans	Mixed	
		cup	cup	cup		lettuce, carrots,		Vegetables	
						cabbage,			
						Tods/Inf-			
						lettuce)			
	Fruit	1/8 cup	1/8 cup	½ CUP	Peaches	Apple Slices	Pears	Pineapple	
	Meat/	1 oz	1 ½	2 oz	Cheese WG	Sliced Turkey	BBQ Diced	Diced	CLOSED
	alternative	1 02	OZ	2 02	Ravioli with	oneca rency	Chicken HM	Chicken	CLOSED
					Mozzarella		(diced		
					Cheese and		chicken, BBQ,	and	
							ketchup)	Chicken	
					Tomato		Keichop)	Gravy	
	0	1/ -	1/ -	1 -	Sauce	140 1 140 1		244	
	Grains	½ s or	½ s or	1 s or	Whole Grain	Whole Wheat	Whole Wheat	Whole	
	(oz eq)	1/2	1/2	serv	Ravioli	Bread	Hamburger	Wheat	
		serv	serv	33.1			Bun	Biscuits	
	Add. Food					Ranch Dressing			
	option					and Mustard			
Snack	Fluid	1/2	1/2	1	Milk	Water	Water	Water	
		cup	cup	cup					
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Whole Grain	Wheat Thins	Flat Bread and	Saltines	CLOSED
	(oz eq)	or ½	or ½	or	Bean and	and	Hummus HM	And	
		serv	serv	serv	Veggie	Mozzarella	(garbanzo	Cheddar	
		301 4	301 V		Crackers	Cheese Sticks	beans, garlic,	Cheese	
							olive oil, tahini, lemon juice)	Slices	
							ionion joice)		

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	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	October 13	October 14	October 15	October 16	October 17
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Diedkidsi	Willix	cup	cup	cup	Wilk	WIIK	WIIK	Wilk	WIIK
	Fruit	1/4	1/2	1/2	Mixed Fruit	Pineapple	Strawberries	Applesauce	Peaches
	Vegetable	cup	cup	cup				1-1	
	Grains	1/2	-½ S	-1s	Cheerios	Kix Cereal	Life Cereal	Whole Grain	Rice Chex
	(oz eq)	serv - 1/4	or ½ serv	or 1 serv	Cereal			French Toast	Cereal
		cup	-1/3	-3/4				Sticks	
		or	cup	cup				oo	
		1/30	or - 1/4	or 1 oz					
		Z -1/4	CUD	- 1/2					
		cup	or	cup					
		or 1	1.5	or 2					
	Add. Food	OZ	OZ	OZ					
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
LUTICIT	Wilk	cup	cup	cup	WIIK	MIIK	WIIK	MIIK	WIIK
	Vegetable	1/8	1/8	1/4	Lima Beans	Carrots	Peas	Broccoli	Sliced
		cup	cup	cup					Cucumber
	Fruit	1/8	1/8	1/2	Pears	Apple Slices	Mango	Mandarin	Bananas
	110	cup	cup	cup	i edis	Apple slices	Mango	Oranges	Dananas
	Meat/	1 oz	1 1/2	2 oz	Turkey	Sweet and	Chicken	Scrambled	Case Mort
	alternative	1 02	OZ	2 02	Turkey	Sour Chicken			Soy Nut
	dileffidite		02		Meatballs	HM (diced	Salad	Eggs	Butter and
					with Turkey	chicken, sweet	HM (Diced Chicken, light		Mozzarella
					Gravy	and sour	mayo, Dill)		Cheese
						sauce)	mayo, biii)		Sticks
	Grains	½ S	½ S	1 s	Whole Grain	Whole Grain	Whole	Whole	Whole Wheat
	(oz eq)	or	or	or	Rotini	Dinner Roll	Wheat Pita	Wheat	Tortilla
		1/2	1/2	serv				Bread	
	Add. Food	serv	serv					1.000	
	option								
Snack	Fluid	1/2	1/2	1	Water	Milk	Apple Juice	Milk	Water
SHUCK	Tiola	cup	CUP	cup	water	WIIK	Apple Juice	MIIK	Walei
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Townhouse	Pumpkin	Baked Soft	Graham	Triscuit
	(oz eq)	or	or	or	Crackers	Spice Whole	Whole Grain	Crackers	Crackers
	` "	1/2	1/2	serv	and Soy Nut	Grain	Pretzels	Sidericis	and Cheddar
		serv	serv		Butter		1 1617619		
					DUTTER	Squares HM			Cheese
				l .					Cubes

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	Menu	1-2	3-5	6-12	Monday	Tuesday	Wadnaaday	Thursday	Erialanı
	Item	age	age	age	Monday October 20	Tuesday October 21	Wednesday October 22	Thursday October 23	Friday October 24
	licili				October 20	October 21	October 22	October 23	October 24
Breakfast	Milk	½ cup	³ / ₄ CUD	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Apple	Pears	Pineapple	Blueberries	Strawberries
	Vegetable	cup	cup	cup	Slices				
	Grains	1/2	-½ S	-1s	Whole	Corn Chex	Rice Krispies	Cheerios	Bran Flakes
	(oz eq)	serv - 1/4	or ½ serv	or 1 serv	Grain	Cereal	Cereal		Cereal
		cup	-1/3	-3/4	Pancakes				
		or 1/3o	cup or ½	cup or					
		z	OZ OZ	1oz					
		-1/4	- 1/4	- 1/2					
	Add. Food	cup	cup	cup	Syrup				
	option				ЗУГОР				
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8	1/8	CUP	Corn	Domo	Carried Chicks	Diced	Clicad
	vegeluble	cup	cup	CUP	Com	Peas	Carrot Sticks (infants/tods-		Sliced
		33,6		0.010			cooked)	Potatoes HM	Cucumber
							Cooked)	(potatoes, olive oil,	
								oregano)	
	Fruit	1/8	1/8	1/2	Mixed Fruit	Peaches	Apple Slices	Mandarin	Apple
		cup	cup	cup	Wilked ITOI	. caches	Apple offees	Oranges	Slices
	Meat/	1 oz	1 ½	2 oz	Beef Patty	Tuna Noodle	Sliced Turkey	Baked Fish	English
	alternative		OZ		been any	Casserole	onced forkey	with Plain	Muffin Pizzas
						(tuna, whole		Bread	(English
						wheat penne,		Crumbs	muffin, tomato
						cream soup) HM		Cionibs	sauce, mozzarella
						ПМ			cheese)
	Grains	½ S	½ S	1 s	Whole	Whole	Multi-grain	Whole Grain	Whole
	(oz eq)	or	or	or	Wheat	Wheat	Bread	Dinner Roll	Grain
		½ serv	½ serv	serv	Hamburger	Penne			English
		3CI V	3CI V		Bun				Muffin
	Add. Food				Ketchup		Mustard	Ketchup	
	option				•			•	
Snack	Fluid	1/2	1/2	1	White	Milk	Water	Milk	Orange
		cup	cup	cup	Grape				Juice
					Juice				
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Whole	Animal	Whole Wheat	Bananas	Townhouse
	(oz eq)	or ½	or ½	or serv	Grain Bean	Crackers	Pita and		Crackers
		serv	serv	301 4	and		Cheddar	(CLOSING AT	
					Veggie		Cheese	4 PM)	
					Crackers		Slices		

Early Learning Center Month: October 2025

	Menu	1-2	3-5	6-12	Monday	Tuesday	Wadnaaday	Thursday	Friday
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	October 31
	_		_		October 27	October 28	October 29	October 30	
Breakfast	Milk	½ CUP	3/4 CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Pineapple	Mixed Fruit	Mandarin	Mango	Bananas
	Vegetable	cup	cup	cup	ineapple	Mixed IIIII		Mango	24
	Grains	1/2	-½ S	-1s	17-0	Kin On and	Oranges	O Flades	VA/I I -
		serv	or ½	or 1	Life Cereal	Kix Cereal	Multi-Grain	Corn Flakes	Whole
	(oz eq)	- 1/4	serv	serv			Cheerios	Cereal	Grain
		cup	-1/3	-3/4					Waffle
		or 1/3o	cup or ½	cup or					Sticks
		Z	OZ	1 oz					
		-1/4	- 1/4	- 1/2					
	Add. Food	cup	cup	cup					
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
LUIICII	Wilk	cup	cup	cup	WIIK	WIIK	WIIK	MIIK	MIIK
	Vegetable	1/8	1/8	1/4	Stewed	Yams	Green Beans	Cauliflower	Carrot
		cup	cup	cup	Tomatoes				Sticks
									(inf/tod-
									cooked)
	Fruit	1/8	1/8	1/2	Peaches	Pears	Apple Slices	Pineapple	Peaches
	11011	cup	cup	cup	i euches	i euis	Apple slices	illeapple	reaches
	Meat/	1 oz	1 ½	2 oz	Grilled	BBQ Diced	Tuna Salad	Chicken	Egg Salad
	alternative		OZ		Cheese HM	Chicken HM	(tuna, dill, mayo)	Breast with	(diced egg,
					(whole wheat	(Diced chicken,	HM	Teriyaki	mayo,
					bread,	BBQ sauce,		Sauce	mustard,
					cheddar	ketchup)		Just	dill)HM
	C	½ S	½ S	1.0	cheese)	14/1 1 - C	14/1 1 - 14/11	14/1 I -	Multi-grain
	Grains	72 S Or	72 S Or	1 s or	Whole	Whole Grain	Whole Wheat	Whole	Bread
	(oz eq)	1/2	1/2	serv	Wheat	Sider Roll	Tortilla	Wheat	biedd
		serv	serv		Bread			Hamburger	
								Bun	
	Add. Food								
	option			_					
Snack	Fluid	1/2	1/2	1	Milk	Water	Water	Milk	Orange
		cup	cup	cup					Juice
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Graham	Saltines and	Multi-Grain Club	Banana	Whole
	(oz eq)	or ½	or ½	or serv	Crackers	Cheddar	Crackers and	Whole Grain	Grain
		serv	serv	3C1 V		Cheese Cubes	Hummus	Squares	Goldfish
		3511	3511				HM(garbanzo		Graham
							beans, olive oil, lemon juice, garlic,		Crackers
							tahini)		