

## 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 age	3-5 age	6-12 age			Wednesday October 1	Thursday October 2	Friday October 3
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup			<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup			<b>Pears</b>	<b>Mango</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)			<b>Rice Chex Cereal</b>	<b>Life Cereal</b>	<b>Whole Wheat Bagels</b>
	<b>Add. Food option</b>								<b>Cream Cheese</b>
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup			<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	¼ cup			<b>Corn</b>	<b>Broccoli</b>	<b>Lima Beans</b>
	<b>Fruit</b>	1/8 cup	1/8c up	½ cup			<b>Mixed Fruit</b>	<b>Orange Slices</b>	<b>Apples Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz			<b>Diced Chicken and Salsa</b>	<b>Chicken Breast with Teriyaki Sauce</b>	<b>Egg Salad (egg, light mayo, mustard, dill) HM</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)			<b>Whole Wheat Tortilla</b>	<b>Whole Grain Slider Roll</b>	<b>Whole Wheat Bread</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup			<b>Apple Juice</b>	<b>Water</b>	<b>Milk</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)			<b>Multi-Grain Club Crackers</b>	<b>Saltine Crackers and Cheddar Cheese Cubes</b>	<b>Whole Grain Cheddar Goldfish</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday October 6</b>	<b>Tuesday October 7</b>	<b>Wednesday October 8</b>	<b>Thursday October 9</b>	<b>Friday October 10</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mandarin Oranges</b>	<b>Strawberries</b>	<b>Orange Slices</b>	<b>Blueberries</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ serv - ¼ cup or 1/3oz - ¼ cup or 1 oz	½ s or ½ serv - 1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serv - 3/4 cup or 1oz - ½ cup or 2 oz	<b>Multi-Grain Cheerios Cereal</b>	<b>Corn Flakes Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Corn Chex Cereal</b>	
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	
	<b>Vegetable</b>	1/8 cup	1/8 cup	¼ cup	<b>Zucchini</b>	<b>Salad (PS-lettuce, carrots, cabbage, Tods/Inf-lettuce)</b>	<b>Green Beans</b>	<b>Mixed Vegetables</b>	
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Peaches</b>	<b>Apple Slices</b>	<b>Pears</b>	<b>Pineapple</b>	
	<b>Meat/alternative</b>	1 oz	1 ½ oz	2 oz	<b>Cheese WG Ravioli with Mozzarella Cheese and Tomato Sauce</b>	<b>Sliced Turkey</b>	<b>BBQ Diced Chicken HM (diced chicken, BBQ, ketchup)</b>	<b>Diced Chicken and Chicken Gravy</b>	<b>CLOSED</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Grain Ravioli</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Biscuits</b>	
	<b>Add. Food option</b>					<b>Ranch Dressing and Mustard</b>			
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	
	<b>Fruit/vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Grain Bean and Veggie Crackers</b>	<b>Wheat Thins and Mozzarella Cheese Sticks</b>	<b>Flat Bread and Hummus HM (garbanzo beans, garlic, olive oil, tahini, lemon juice)</b>	<b>Saltines And Cheddar Cheese Slices</b>	<b>CLOSED</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday October 13</b>	<b>Tuesday October 14</b>	<b>Wednesday October 15</b>	<b>Thursday October 16</b>	<b>Friday October 17</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Mixed Fruit</b>	<b>Pineapple</b>	<b>Strawberries</b>	<b>Applesauce</b>	<b>Peaches</b>
	<b>Grains (oz eq)</b>	½ serv - ¼ cup or 1/3oz - ¼ cup or 1 oz	½ s or ½ serv - 1/3 cup or - ¼ cup or 1.5 oz	-1s or 1 serv - 3/4 cup or 1oz - ½ cup or 2 oz	<b>Cheerios Cereal</b>	<b>Kix Cereal</b>	<b>Life Cereal</b>	<b>Whole Grain French Toast Sticks</b>	<b>Rice Chex Cereal</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	¼ cup	<b>Lima Beans</b>	<b>Carrots</b>	<b>Peas</b>	<b>Broccoli</b>	<b>Sliced Cucumber</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Pears</b>	<b>Apple Slices</b>	<b>Mango</b>	<b>Mandarin Oranges</b>	<b>Bananas</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Turkey Meatballs with Turkey Gravy</b>	<b>Sweet and Sour Chicken HM (diced chicken, sweet and sour sauce)</b>	<b>Chicken Salad HM (Diced Chicken, light mayo, Dill)</b>	<b>Scrambled Eggs</b>	<b>Soy Nut Butter and Mozzarella Cheese Sticks</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Grain Rotini</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Wheat Pita</b>	<b>Whole Wheat Bread</b>	<b>Whole Wheat Tortilla</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Water</b>	<b>Milk</b>	<b>Apple Juice</b>	<b>Milk</b>	<b>Water</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Townhouse Crackers and Soy Nut Butter</b>	<b>Pumpkin Spice Whole Grain Squares HM</b>	<b>Baked Soft Whole Grain Pretzels</b>	<b>Graham Crackers</b>	<b>Triscuit Crackers and Cheddar Cheese Cubes</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday October 20</b>	<b>Tuesday October 21</b>	<b>Wednesday October 22</b>	<b>Thursday October 23</b>	<b>Friday October 24</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Apple Slices</b>	<b>Pears</b>	<b>Pineapple</b>	<b>Blueberries</b>	<b>Strawberries</b>
	<b>Grains (oz eq)</b>	½ serv - ¼ cup or 1/3oz - ¼ cup	½ s or ½ serv - 1/3 cup or ½ oz - ¼ cup	- 1s or 1 serv - 3/4 cup or 1oz - ½ cup	<b>Whole Grain Pancakes</b>	<b>Corn Chex Cereal</b>	<b>Rice Krispies Cereal</b>	<b>Cheerios</b>	<b>Bran Flakes Cereal</b>
	<b>Add. Food option</b>				<b>Syrup</b>				
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	¼ cup	<b>Corn</b>	<b>Peas</b>	<b>Carrot Sticks (infants/tods-cooked)</b>	<b>Diced Potatoes HM (potatoes, olive oil, oregano)</b>	<b>Sliced Cucumber</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Mixed Fruit</b>	<b>Peaches</b>	<b>Apple Slices</b>	<b>Mandarin Oranges</b>	<b>Apple Slices</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Beef Patty</b>	<b>Tuna Noodle Casserole (tuna, whole wheat penne, cream soup) HM</b>	<b>Sliced Turkey</b>	<b>Baked Fish with Plain Bread Crumbs</b>	<b>English Muffin Pizzas (English muffin, tomato sauce, mozzarella cheese)</b>
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Wheat Hamburger Bun</b>	<b>Whole Wheat Penne</b>	<b>Multi-grain Bread</b>	<b>Whole Grain Dinner Roll</b>	<b>Whole Grain English Muffin</b>
	<b>Add. Food option</b>				<b>Ketchup</b>		<b>Mustard</b>	<b>Ketchup</b>	
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>White Grape Juice</b>	<b>Milk</b>	<b>Water</b>	<b>Milk</b>	<b>Orange Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Grain Bean and Veggie Crackers</b>	<b>Animal Crackers</b>	<b>Whole Wheat Pita and Cheddar Cheese Slices</b>	<b>Bananas  (CLOSING AT 4 PM)</b>	<b>Townhouse Crackers</b>

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	<b>Menu Item</b>	1-2 age	3-5 age	6-12 age	<b>Monday October 27</b>	<b>Tuesday October 28</b>	<b>Wednesday October 29</b>	<b>Thursday October 30</b>	<b>Friday October 31</b>
<b>Breakfast</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Fruit Vegetable</b>	¼ cup	½ cup	½ cup	<b>Pineapple</b>	<b>Mixed Fruit</b>	<b>Mandarin Oranges</b>	<b>Mango</b>	<b>Bananas</b>
	<b>Grains (oz eq)</b>	½ serv - ¼ cup or 1/3oz - ¼ cup	-½ s or ½ serv -1/3 cup or ½ oz - ¼ cup	-1s or 1 serv -3/4 cup or 1oz - ½ cup	<b>Life Cereal</b>	<b>Kix Cereal</b>	<b>Multi-Grain Cheerios</b>	<b>Corn Flakes Cereal</b>	<b>Whole Grain Waffle Sticks</b>
	<b>Add. Food option</b>								
<b>Lunch</b>	<b>Milk</b>	½ cup	¾ cup	1 cup	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
	<b>Vegetable</b>	1/8 cup	1/8 cup	¼ cup	<b>Stewed Tomatoes</b>	<b>Yams</b>	<b>Green Beans</b>	<b>Cauliflower</b>	<b>Carrot Sticks (inf/tod-cooked)</b>
	<b>Fruit</b>	1/8 cup	1/8 cup	½ cup	<b>Peaches</b>	<b>Pears</b>	<b>Apple Slices</b>	<b>Pineapple</b>	<b>Peaches</b>
	<b>Meat/ alternative</b>	1 oz	1 ½ oz	2 oz	<b>Grilled Cheese HM</b> (whole wheat bread, cheddar cheese)	<b>BBQ Diced Chicken HM</b> (Diced chicken, BBQ sauce, ketchup)	<b>Tuna Salad</b> (tuna, dill, mayo) HM	<b>Chicken Breast with Teriyaki Sauce</b>	<b>Egg Salad</b> (diced egg, mayo, mustard, dill)HM
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Whole Wheat Bread</b>	<b>Whole Grain Sider Roll</b>	<b>Whole Wheat Tortilla</b>	<b>Whole Wheat Hamburger Bun</b>	<b>Multi-grain Bread</b>
	<b>Add. Food option</b>								
<b>Snack</b>	<b>Fluid</b>	½ cup	½ cup	1 cup	<b>Milk</b>	<b>Water</b>	<b>Water</b>	<b>Milk</b>	<b>Orange Juice</b>
	<b>Fruit/ vegetable</b>	½ cup	½ cup	¾ cup					
	<b>Grains (oz eq)</b>	½ s or ½ serv	½ s or ½ serv	1 s or serv	<b>Graham Crackers</b>	<b>Saltines and Cheddar Cheese Cubes</b>	<b>Multi-Grain Club Crackers and Hummus</b> HM(garbanzo beans, olive oil, lemon juice, garlic, tahini)	<b>Banana Whole Grain Squares</b>	<b>Whole Grain Goldfish Graham Crackers</b>