

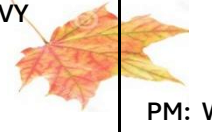


OCTOBER 2025 ~ WELCOME CENTER BREAKFAST / SNACK MENUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast: Milk 1 cup: Vegetables, Fruit or both ½ cup: Grains 2 oz eq Snack: Any 2 of 4 components: ¾ cup of Yogurt: 1 cup Milk: ½ cup Fruit or Vegetable. 1 oz Grain or Bread Meat or Meat alternate 1 oz eq. W.G. = Whole Grain		1 AM: WG PANCAKES PEACHES MILK PM: WG LANCE PEANUT BUTTER CRACKERS STRAWBERRY APPLESAUCE	2 AM: WG TOAST SLICE EGG PATTY MIXED FRUIT MILK PM: WG WHITE CHEDDAR CHEEZ ITS' 100% PINEAPPLE JUICE	3 AM: WG BISCUIT TURKEY SAUSAGE PATTY PEARS MILK PM: YOGURT CUP MINI PRETZELS
6 AM: WG TOAST SLICE EGG PATTY MANDARIN ORANGES MILK PM: WG APPLE CINNAMON MUFFIN MIXED FRUIT	7 AM: WG OAT CEREAL BANANA MILK  PM: WG MINI PRETZELS NUTELLA SPREAD MIXED FRUIT	8 AM: WG BISCUIT SAUSAGE GRAVY PEACHES MILK  PM: YOGURT CUP WG GRAHAM CRACKERS	9 AM: WG FRENCH TOAST STICKS PEARS MILK PM: WG CHEDDAR PEANUT BUTTER CRACKERS MIXED FRUIT	10 AM: WG TOAST SLICE PEPPERED FRIED EGG MIXED FRUIT MILK PM: WG GOLDFISH CRACKERS PEARS
13 AM: WG BISCUIT CHICKEN PATTY 100% PINEAPPLE JUICE PM: WG HARVEST CHEDDAR SUN CHIPS STRAWBERRY APPLESAUCE	14 AM: WG PANCAKES BLUEBERRIES MILK PM: WG SOFT PRETZEL CHEESE DIP PEACHES	15 AM: WG TOAST SLICE EGG & CHEESE OMELETTE MANDARIN ORANGES MILK PM: WG LANCE PEANUT BUTTER CRACKERS MIXED FRUIT	16 AM: WG WAFFLE MIXED FRUIT MILK PM: YOGURT CUP MULTIGRAIN SUN CHIPS	17 AM: WG BAGEL w/ BACON & CHEESE PEACHES MILK PM: WG WHITE CHEDDAR CHEEZ ITS' PEARS
20 AM: WG FRENCH TOAST STICKS MANDARIN ORANGES MILK PM: WG RITZ CRACKERS CHEDDAR CHEESE CUBES	21 AM: WG WAFFLE STRAWBERRIES MILK PM: WG GRAHAM CRACKERS CINNAMON APPLESAUCE	22 AM: WG TOAST SLICE TURKEY SAUSAGE PATTY PEACHES MILK PM: WG CORNBREAD MUFFIN FLAVORED MILK	23 AM: WG OAT CEREAL BANANA MILK PM: WG GOLDFISH CRACKERS PEARS	24 AM: WG BISCUIT SAUSAGE GRAVY MIXED FRUIT MILK PM: MULTIGRAIN SUN CHIPS PEACHES
27 AM: WG OATMEAL PEACHES MILK PM: WG CHEEZ IT CRACKERS PINEAPPLE TIDBITS	28 AM: WG TOAST SLICE PEPPERED FRIED EGG MANDARIN ORANGES MILK PM: WG WHITE CHEDDAR CHEEZ ITS' PEACHES	29 AM: WG PANCAKES MIXED BERRIES MILK PM: WG BLUEBERRY MUFFIN PEARS	30 AM: WG BISCUIT EGG PATTY PEACHES MILK PM: WG SOFT PRETZEL CHEESE DIP 100% PINEAPPLE JUICE	31 AM: WG WAFFLE BANANA MILK PM: WG CHEDDAR PEANUT BUTTER CRACKERS MIXED FRUIT

This institution is an equal opportunity provider.