

October Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
			AUTUMN SPICE MUFFIN & PINEAPPLE JUICE 1	ZAC OMEGA MARION BAR FRESH FRUIT 2
SKEETER GRAHAMS AND CINAMON RUMBLES & FRESH FRUIT 5	MINI DIPPERDODDLE BAR STRING CHEESE FRESH FRUIT 6	WHOLE WHEAT BAGEL W/ CREAM CHEESE FRESH FRUIT 7	REV FOOD FLURRIES CEREAL PINEAPPLE JUICE 8	BERRY BLOSSOMS CEREAL ZAC ATTACK APPLE BAR FRESH FRUIT 9
COLUMBUS DAY NO SCHOOL 12	APPLE CINNA-GRINS CEREAL FRESH FRUIT 13	ZAC OMEGA STRAWBERRY BAR FRESH FRUIT 14	HONEY BUTTONS CEREAL PINEAPPLE JUICE 15	MINI DIPPERDODDLE BAR BOILED EGG FRESH FRUIT 16
FLURRIES CEREAL FRESH FRUIT 19	ZAC OMEGA MARION BAR FRESH FRUIT 20	WHOLE WHEAT BAGEL W/ CHEDDAR CHEESE FRESH FRUIT 21	COCOA BOPS CEREAL PINEAPPLE JUICE 22	SKEETER GRAHAMS STRING CHEESE FRESH FRUIT 23
HONEY BUTTONS CEREAL FRESH FRUIT 26	MINI DIPPERDODDLE BAR HARD BOILED EGG FRESH FRUIT 27	APPLE CINNA-GRINS CEREAL FRESH FRUIT 28	YOGURT W/ GRANOLA FRESH FRUIT 29	NO SCHOOL 30

Breakfast: choice of 1% or fat-free milk
 All grains served are whole grain-rich
 Dairy-free (DF) and vegetarian (VG) menu items available daily –
 if not listed on the menu, then available upon request.
 This institution is an equal opportunity provider.



October Lunch

PreK



Monday	Tuesday	Wednesday	Thursday	Friday
			Grilled Chicken Sandwich Shredded Lettuce and Tomatoes 1	BBQ Chicken with Cheesy Rice Steamed Corn 2
CHICKEN TRIO TACO BROWN RICE LOCAL CORN FRESH FRUIT 5	CHICKEN TERIYAKI BROWN RICE FRESH FRUIT 6	ORANGE CHICKEN RICE BOWL SWEET POTATOES FRESH FRUIT 7	CHEESEBURGER LETTUCE AND TOMATOES FRESH FRUIT 8	TURKEY SANDWICH YOGURT FRESH FRUIT 9
NO SCHOOL 12	MAC & CHEESE WHOLE WHEAT ROLL YOGURT BAKED BEANS FRESH BABY CARROTS FRESH FRUIT 13	CHEESE PIZZA SEASONED CORN FRESH FRUIT 14	CHEESE PIZZA SEASONED CORN FRESH FRUIT 15	FIRECRACKER CHICKEN SESAME NOODLES FRESH FRUIT 16
ALL NATURAL HAMBURGER GREEN BEANS FRESH FRUIT 19	HAWAIIAN MEATBALLS BROWN RICE WHOLE GRAIN CRACKER BROCOLI & PINTO BEANS FRESH FRUIT 20	ORANGE CHICKEN & RICE BOWL SEASONED CORN FRESH FRUIT 21	BUFFALO GRILLED CHICKEN SANDWICH FRESH BABY CARROTS FRESH FRUIT 22	SMOKY SAUSAGE RICE BOWL BRAISED GREENS FRESH FRUIT 23
BBQ CHICKEN SANDWICH ON A WHOLE GRAIN BUN GREEN BEANS FRESH FRUIT 26	VEGGIE CHILI W/ MINI CHEESE SANDWICH FRESH FRUIT 27	SPAGETTI AND MEATBALLS SWEET POTATOES FRESH FRUIT 28	CHICKEN BITES SHREDDED LETTUCE AND TOMATO WITH RANCH 29	NO SCHOOL 30

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October Lunch

K-2



Monday	Tuesday	Wednesday	Thursday	Friday
			GRILLED CHICKEN ON A WHOLE GRAIN BUN GARDEN SALAD FRESH FRUIT 1	BBQ CHICKEN W/ CHEESEY RICE SEASONED CORN FRUIT 2
CHICKEN TRIO TACO BROWN RICE LOCAL CORN FRESH FRUIT 5	CHICKEN TERIYAKI BROWN RICE FRESH FRUIT 6	ORANGE CHICKEN RICE BOWL SWEET POTATOES FRESH FRUIT 7	CHEESEBURGER LETTUCE AND TOMATOES FRESH FRUIT 8	TURKEY SANDWICH YOGURT FRESH FRUIT 9
NO SCHOOL 12	MAC & CHEESE WHOLE WHEAT ROLL YOGURT BAKED BEANS FRESH BABY CARROTS FRESH FRUIT 13	CHEESE PIZZA SEASONED CORN FRESH FRUIT 14	CHEESE PIZZA SEASONED CORN FRESH FRUIT 15	FIRECRACKER CHICKEN SESAME NOODLES FRESH FRUIT 16
ALL NATURAL HAMBURGER GREEN BEANS FRESH FRUIT 19	HAWAIIAN MEATBALLS BROWN RICE WHOLE GRAIN CRACKER BROCOLI & PINTO BEANS FRESH FRUIT 20	ORANGE CHICKEN & RICE BOWL SEASONED CORN FRESH FRUIT 21	BUFFALO GRILLED CHICKEN SANDWICH FRESH BABY CARROTS FRESH FRUIT 22	SMOKY SAUSAGE RICE BOWL BRAISED GREENS FRESH FRUIT 23
BBQ CHICKEN SANDWICH ON A WHOLE GRAIN BUN GREEN BEANS FRESH FRUIT 26	VEGGIE CHILI W/ MINI CHEESE SANDWICH FRESH FRUIT 27	(BURGERITO) CHEESEBURGER BURRITO SWEET POTATOE FRESH FRUIT 28	CHICKEN BITES GARDEN SALAD FRESH FRUIT 29	NO SCHOOL 30

Lunch: choice of 1% or fat-free milk
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October Snack



Monday	Tuesday	Wednesday	Thursday	Friday
			SKEETER CINNAMON GRAHAM CRACKERS 1	No snack (Early dismissal on Fridays) 2
WHOLE GRAIN GOLD FISH CHEESE CRACKERS 5	DICK AND JANE SMART CRACKERS 6	REV FOODS WHOLE GRAIN HONEY WHEAT CRACKERS 7	MULTI-GRAIN RANCH RUMBLES 8	No snack (Early dismissal on Fridays) 9
NO SCHOOL 12	SKEETER GRAHAM CRACKERS 13	DICK AND JANE SMART CRACKERS 14	WHOLEGRAIN GOLDFISH CHEESE CRACKERS 15	No snack (Early dismissal on Fridays) 16
MULTI-GRAIN RUMBLES RANCH 19	REV FOOD WHOLE GRAIN CRACKERS 20	WHOLE GRAIN GOLDFISH PRETZELS 21	DICK AND JANE SMART CRACKERS 22	No snack (Early dismissal on Fridays) 23
WHOLE GRAIN GOLDFISH CHEESE CRACKERS 26	SKEETER GRAHAM CRACKERS 27	DICK AND JANE SMART CRACKERS 28	MULTI-GRAIN RANCH RUMBLES 29	NO SCHOOL 30



All snacks served with fresh unless otherwise noted
 All grains served are whole grain-rich
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Ingenuity Prep proudly participates in the Fresh Fruits and Vegetables Program (FFVP) that provides fresh produce for morning snacks daily.

real food for all™