

4K Breakfast Menu

The kitchen closes at 8:15 for breakfast service. If your child arrives after this time, your child may be offered a cereal bar or bowl of cereal. 4K class starts promptly.

1% white milk is served with breakfast

Juices are always 100% fruit juice

Water is always available throughout the day.

October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	
31	29 WW/WG cereal bowl milk fruit juice fruit	30 WW toast/cheese squares milk fruit	1 Pancake/sausage milk orange fruit	2 Greek yogurt/WW toast milk fruit	3 WW/WG cereal bowl milk fruit juice fruit	4
5	6 CLOSED	7 CLOSED	8 CLOSED	9 CLOSED	10 CLOSED	11
12	13 WW/WG cereal bowl milk fruit juice fruit	14 WW toast/cheese squares milk fruit	15 Pancake/sausage milk orange fruit	16 Greek yogurt/WW toast milk fruit	17 WW/WG cereal bowl milk fruit juice fruit	18
19	20 WW/WG cereal bowl milk fruit juice fruit	21 WW toast/cheese squares milk fruit	22 Pancake/sausage milk orange fruit	23 WG oatmeal/WW toast milk fruit	24 WW/WG cereal bowl milk fruit juice fruit	25
26	27 WW/WG cereal bowl milk fruit juice fruit	28 WW toast/cheese squares milk fruit	29 Pancake/sausage milk orange fruit	30 Greek yogurt/WW toast milk fruit	31 WW/WG cereal bowl milk fruit juice fruit	1

October 2025

1% with milk is served with lunch

Juices are always 100% fruit juice

Water is always available throughout the day

MENU SUBJECT TO CHANGE DEPENDING UPON AVAILIBLTY

First Steps 4K

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	29 Mac and cheese Green beans Carrots Milk	30 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	1 Hot slider sandwich (beef/turkey) Corn, Peas Milk	2 Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	3 Chicken nuggets Apple Pork and beans Milk	
	6 CLOSED	7 CLOSED	8 CLOSED	9 CLOSED	10 CLOSED	
	13 Mac and cheese Green beans Carrots Milk	14 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	15 Hot slider sandwich (beef/turkey) Corn, Peas Milk	16 Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	17 Chicken nuggets Apple Pork and beans Milk	
	20 Mac and cheese Peas Carrots Milk	21 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	22 Hot slider (beef/turkey), gravy Corn, Peas Milk	23 Meatballs/gravy Potatoes Green beans Milk	24 Pizza Apple Pork and beans Milk	
	27 Mac and cheese Peas Carrots Milk	28 Sandwich (WW bread, turkey or ham, cheese) Baby carrots/ranch, cucumbers Apple, Milk	29 Hot slider (beef/turkey), gravy Corn, Peas Milk	30 Fish Fillets WW Pasta/tomato sauce Sweet potatoes, peas Milk	31 Chicken nuggets Apple Pork and beans Milk	

October 2025

SNACK

Snacks are served with 4 oz. milk or 4 oz. 100% juice, and water is always available.
2 oz. portions of yogurt are served in combination with other food servings. Two or more servings of dairy or grain-rich foods or protein or fruits or vegetables are served with snacks each day.

MENU SUBJECT TO CHANGE DEPENDING UPON AVAILABILITY

MENU

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	29 AM Cheese and saltines PM+4K Penguin crackers/juice	30 AM WW/WG cereal bowl PM+4K Ritz/juice	1 AM WG corn chips/salsa PM+4K Pretzels/juice	2 AM WG grahams/milk or juice PM+4K Saltines/juice	3 AM Fresh or canned fruit/yogurt PM+4K Choice WW/WG cereal/juice	
	6 AM Cheese and saltines PM+4K Penguin crackers/juice	7 AM WW/WG cereal bowl PM+4K Ritz/juice	8 AM WG corn chips/salsa PM+4K Pretzels/juice	9 AM WG grahams/milk or juice PM+4K Saltines/juice	10 CLOSED	
	13 AM Cheese and saltines PM+4K Penguin crackers/juice	14 AM WW/WG cereal bowl PM+4K Ritz/juice	15 AM WG corn chips/salsa PM+4K Pretzels/juice	16 AM WG grahams/milk or juice PM+4K Saltines/juice	17 AM Fresh or canned fruit/yogurt PM+4K Choice WW/WG cereal/juice	
	20 AM Cheese and saltines PM+4K Penguin crackers/juice	21 AM WW/WG cereal bowl PM+4K Ritz/juice	22 AM WG corn chips/salsa PM+4K Pretzels/juice	23 AM WG grahams/milk or juice PM+4K Saltines/juice	24 AM Fresh or canned fruit/yogurt PM+4K Choice WW/WG cereal/juice	
	27 AM Cheese and saltines PM+4K Penguin crackers/juice	28 AM WW/WG cereal bowl PM+4K Ritz/juice	29 AM WG corn chips/salsa PM+4K Pretzels/juice	30 AM WG grahams/milk or juice PM+4K Saltines/juice	31 AM Fresh or canned fruit/yogurt PM+4K Choice WW/WG cereal/juice	