





Institute of Community Service
October 2025 Menu
Hours of Operation:
Monday – Friday
8:00 a.m. – 3:00 p.m.

****MENU SUBJECT TO CHANGE**
 This institute is an equal opportunity provider

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: September 29th - October 3rd 2025 	<u>Breakfast</u> WG Pancakes Fresh Apples 1% low fat Milk <u>Lunch</u> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk <u>Snack</u> Graham Cracker Orange Juice	<u>TACO TUESDAY</u> <u>Breakfast</u> Rice Krispies Cereal Sliced Peaches 1% low fat milk <u>Lunch</u> Beef Tacos Mexican Corn Diced Pears WG Tortilla Wrap 1% low fat Milk <u>Snack</u> Cheez- its Grape Juice	<u>Breakfast</u> Cheese Grits Orange Wedges 1% low fat Milk <u>Lunch</u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk <u>Snack</u> Yogurt Crackers	<u>Breakfast</u> Biscuit Ham Apricots 1% low fat Milk <u>Lunch</u> Chicken Breast Patty Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk <u>Snack</u> Strawberry Chex Mix Apple Juice	<u>Breakfast</u> WG Toast Banana 1% low fat Milk <u>Lunch</u> Chicken salad Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk <u>Snack</u> Sliced Cucumber w/ Dressing String Cheese
Week 2: October 6th- 10th 	<u>Meatless Monday</u> <u>Breakfast</u> WG Corn Flakes Applesauce 1% low fat milk <u>Lunch</u> Grilled Cheese Sandwich Vegetable Soup Pears 1% low fat Milk <u>Snack</u> Orange Juice Cheez-its	<u>Breakfast</u> WG French Toast Mixed Fruit 1% low fat milk <u>Lunch</u> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk <u>Snack</u> Strawberry Chex Mix Grape Juice	<u>Breakfast</u> Grits Pineapple Tidbits 1% low fat milk <u>Lunch</u> Chicken Tenders Mixed Vegetables Sliced Peaches WG Roll 1% low fat Milk <u>Snack</u> String Cheese Goldfish Cracker	<u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread	<u>Breakfast</u> WG Cheese Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Sloppy Joe Cole Slaw Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt

Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:15 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Breakfast:
Time Served
9:00 am- 9:30am
 1/4 cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:15 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy

Early Head Start



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3: October 13th- 17th 2025	<u>Breakfast</u> Rice Krispies Cereal Applesauce 1% low fat Milk <u>Lunch</u> Grilled chicken Patty Broccoli w/ Cheese WG Bread Fruit cocktail 1% low fat Milk <u>Snack</u> Yogurt Grape Juice	<u>Breakfast</u> Oatmeal Orange Wedges 1% low fat milk <u>Lunch</u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk <u>Snack</u> Graham Crackers Apple Juice	<u>Breakfast</u> Cheese Toast Diced Pears 1% low fat Milk <u>Lunch</u> Chicken Salad Green Peas Pineapple tidbits WG Crackers 1% low fat Milk <u>Snack</u> Cheez-its Orange Juice	<u>Breakfast</u> WG Waffles Banana 1% low fat Milk <u>Lunch</u> Sliced Ham Steamed Cabbage Apple Slices Cornbread 1% Low fat Milk <u>Snack</u> Sliced Turkey WG on Tortilla	<u>Breakfast</u> Grits Peaches 1% low fat Milk <u>Lunch</u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk <u>Snack</u> WG Crackers String Cheese
	<u>Meatless Monday</u> WG Cinnamon Chex Applesauce 1% low fat milk <u>Lunch</u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk <u>Snack</u> Grape Juice Cheez-its	<u>Breakfast</u> WG Biscuit Breakfast Ham Mixed Fruit 1% low fat milk <u>Lunch</u> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk <u>Snack</u> Strawberry Chex Mix Orange Juice	<u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> BBQ Pork Patties Collard Greens Sweet Potatoes Corn Bread 1% low fat Milk <u>Snack</u> Goldfish Cracker String Cheese	<u>Breakfast</u> Pancakes Sliced Peaches 1% low fat milk <u>Lunch</u> Baked Chicken Breast w/ Gravy Brown rice Steamed Broccoli Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread	<u>Breakfast</u> WG Cinnamon Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt

Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:15 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Early Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 1/4 cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:15 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy