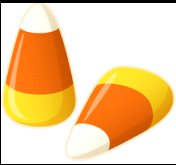





October, 2025 Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Strawberry bagel Cream cheese cutie Milk	2 WG Crossants Turkey Sausage Grapes Milk	3 Assorted Cereal Banana String Cheese Milk	
5	6 Assorted Cereal Apple Slices String Cheese Milk	7 WG Pancakes Turkey Bacon Cutie Syrup Milk	8 Toast w/ grape jelly Strawberries Yogurt Milk	9 Breakfast Corndogs Grapes Syrup Milk	19 Assorted Cereal Banana Cubed Cheese Milk	11
12	13 Assorted Cereal Cutie Yogurt Milk	13 WG Waffles Turkey Sausage Apple Slices Syrup Milk	15 Yogurt Breakfast bar Granola Cheese Cubes Milk	16 Grits Turkey bacon Grapes Milk	17 Assorted Cereal Banana String Cheese Milk	18
19	20 Assorted Cereal Apple Slices String Cheese Milk	21 WG French toast Turkey Sausage Apple Slices Syrup Milk	22 Toast w/ grape jelly Strawberries Yogurt Milk	23 WG Muffins Grapes Raisens Milk	24 Assorted Cereal Banana Cubed Cheese Milk	25
	27 Assorted Cereal Cutie Yogurt Milk	28 WG Waffles Turkey Sausage Apple Slices Syrup Milk	29 Breakfast Corndog Grapes Syrup Milk	30	31	
Did you know that you <u>stomach grows</u> because it's talking to you- It wants more snacks or is busy squishing food!		Academic Mastery Academy 14418 S. McKinley Ave Posen, IL 60469 P: 708-897-9332  ACADEMIC MASTERY ACADEMY			Important Dates: October 13th: Indigenous People's Day - No School October 14th: Picture Day	

October, 2025 Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 WG Hot Dog Bun Beef Hotdog Baked Beans Mixed Veggies Fruit Cocktail Milk	2 Turkey Meatball Sub WG Bun Mixed Veggies Fruit Cocktail Milk	3 WG Cheese Pizza Garden Salad Banana Ranch Milk	
5	6 WG Bread Grilled Cheese Tater Tots Grapes Milk	7 WG Chicken Quesadilla Black Beans Diced Peaches Milk	8 WG Bun Chicken Sandwich French Fries Cheese & Lettuce Orange Slices Milk	9 Beef Ravioli Steamed Broccoli Sliced Peaches Dinner roll Milk	10 Mozzarella sticks Pasta Salad Banana Marinara Sauce Milk	11
12	13 Turkey Sub Lettuce & Tomato Sun Chips Grapes Milk	14 Turkey Taco WG Tortilla Spanish Rice Applesauce Lettuce & Tomato Milk	15 WG Bun Cheeseburger Tater Tots Orange Slices Lettuce & Tomato Ketchup and Mustard Milk	16 Turkey Meatballs Spaghetti Dinner roll Pineapple Slices Milk	17 WG Chese Pizza Bagel Garden Salad Banana Ranch Milk	18
19	20 Bbq Chicken wings Garlic Green Beans W/G Dinner roll Cutie Milk	21 WG Mini Chicken Tacos Black Beans Lettue & Tomato Diced Peaches Milk	22 Chicken Stir Fry W/G Brown rice Steamed Carrots Diced Pears Milk	23 Chicken Nuggets WG Dinner Roll Sweet Corn Pineapple Slices Milk	24 WG Cheese Pizza Puff Garden Salad Banana Ranch Milk	25
	27 WG Mac&Cheese Mixed Vegetables Dinner Roll Orange Slices Milk	28 Turkey Taco WG Tortilla Spanish Rice Applesauce Lettuce & Tomato Milk	28 WG Hotdog Bun Beef Hotdog Baked Beans Watermelon Ketchup & Mustard Milk	30 Beef Chili Sweet corn W/G Crackers Strawberries Sour Cream Milk	Turkey Nachos Ground Turkey Nacho Cheese Tortilla Chips Milk	
Hey did you know that <u>Broccoli is like soap for your insides</u> - It helps clean out germs and keeps your tummy happy		Academic Mastery Academy 14418 S. McKinley Ave Posen, IL 60469 P: 708-897-9332 			Important Dates: October 13th: Indigenous People's Day - No School October 14th: Picture Day	