

OCTOBER 2025

FREE Breakfast & Snacks for Members



Monday	Tuesday	Wednesday	Thursday	Friday
29 B: Waffles, Diced Pears S: Chicken Nuggets, Diced Peaches	30 B: Oatmeal Bar, Sliced Apples S: Diced Pears, Sun Butter, Celery Sticks	1 B: Muffin, Diced Peaches S: Energy Bites (Oats, Sun Butter, Chocolate Chips)	2 B: Egg & Cheese Omelets, Juice S: Greek Yogurt, Granola, Mandarin Oranges	3 B: Greek Yogurt, Granola S: Hard Boiled Eggs, Cucumber Slices, Brown Rice Cakes
6 B: Breakfast Burrito S: Pepperoni, Whole Grain Crackers, Pickle Slices	7 B: Cheerios, Diced Peaches S: Guacamole, Crackers, Diced Peaches	8 B: French Toast Sticks, Diced Pears S: Grapes, Baby bel Cheese, Teddy Grahams	9 B: Waffles, Mandarin Oranges S: Popcorn, Edamame, Cucumber Slices	10 B: Cottage Cheese, Grapes L: Mac & Cheese, Green Beans S: Cottage Cheese, Diced Pineapple, Graham Crackers
13 B: French Toast Sticks, Sliced Apples L: Chicken Nuggets, Corn S: Mini Pita, Sun Butter, Baby Carrots	14 B: Cottage Cheese, Grapes S: Falafel, Tzatziki, Cucumber Slices	15 B: Oatmeal Bar, Diced Pears S: Cottage Cheese, Grapes	16 B: Waffles, Mandarin Oranges S: Corn Tortilla, Black Beans, Salsa	17 B: Cinnamon Rolls, Sliced Apples S: Turkey Slices, Whole Wheat Crackers
20 B: Greek Yogurt, Granola S: Whole Wheat Crackers, Granola Bars, Sliced Cucumber	21 B: Egg & Cheese Omelets, Juice S: Hard boiled eggs, Whole Wheat Crackers, Baby Carrots	22 B: Hard Boiled Eggs, Sliced Apples S: Whole Grain Wrap, Turkey, Apple Slices, Sun Butter	23 B: Muffins, Diced Peaches S: Cucumber Slices, Cottage Cheese, Pretzels	24 S: Cinnamon Rolls, Sliced Apples TRADITIONAL CLUB CLOSED
27 B: Greek Yogurt, Granola S: Roasted Chickpeas, Cucumber Slices	28 B: Egg & Cheese Omelets, Juice S: Egg Salad, Whole Wheat Crackers, Baby Carrots	29 B: Hard Boiled Eggs, Sliced Apples S: Whole Grain Wrap, Turkey, Apple Slices, Sun Butter	30 B: Muffins, Diced Peaches S: Cucumber Slices, Cottage Cheese, Pretzels	31 B: Cottage Cheese, Grapes L: Corn Dogs, Green Beans, Sliced Apples S: Holiday Treat

Snack Provided Every Day: No Sign-Up Required **B:** Breakfast **S:** Snack **L:** Lunch

Allergy-Friendly Options Available: Please Request Ahead of Time

****This menu is subject to change**

Question? Contact: Amber Kollars, Chief Program Delivery Officer

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