



September 2026 Breakfast



Monday	Tuesday	Wednesday	Thursday
	1 <i>French Toast (35 gm.) Applesauce (1/2 cup) Skim Milk (3/4 cup)</i>	2 <i>Oatmeal (1/3 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)</i>	3 <i>Corn Chex Cereal (3/4 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</i>
7 NO SCHOOL	8 <i>Rice Crispie Cereal (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)</i>	9 <i>Cheese Quesadillas (.5 oz.) Apple Juice (1/2 cup) Skim Milk (3/4 cup)</i>	10 <i>Kix Cereal (3/4 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</i>
14 <i>Honey Bunches of Oats (3/4 cup) Pineapple (1/2 cup) Skim Milk (3/4 cup)</i>	15 <i>Bagels (14 gm.) Pears (1/2 cup) Skim Milk (3/4 cup)</i>	16 <i>Pancakes (17 gm.) Peaches (1/2 cup) Skim Milk (3/4 cup)</i>	17 <i>Kix Cereal (3/4 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</i>
21 <i>Frosted Mini Wheats (3/4 cup) Applesauce (1/2 cup) Skim Milk (3/4 cup)</i>	22 <i>Waffles (17 gm.) Pears (1/2 cup) Skim Milk (3/4 cup)</i>	23 <i>Cheese Rounds (.5 oz.) Mandarin Oranges (1/2 cup) Skim Milk (3/4 cup)</i>	24 <i>Cheerios (3/4 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</i>
28 <i>Cornflakes Cereal (3/4 cup) Peaches (1/2 cup) Skim Milk (3/4 cup)</i>	29 <i>Egg Patties (28 gm.) Pineapple (1/2 tz.) Skim Milk (3/4 cup)</i>	30 <i>Oatmeal (1/3 cup) Mixed Fruit (1/2 cup) Skim Milk (3/4 cup)</i>	



September 2026 Lunch



Monday	Tuesday	Wednesday	Thursday
	1 <i>Chicken Fajitas/Tortillas (1.5 oz.)</i> <i>Mixed Vegetables (1/4 cup)</i> <i>Pears (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	2 <i>Breaded Chicken Patties (1.5 oz.)</i> <i>Mashed Potatoes (1/4 cup)</i> <i>Mandarin Oranges (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	3 <i>Turkey Sandwich (1.5 oz.)</i> <i>Carrots (1/4 cup)</i> <i>Mango Chunks (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>
7 NO SCHOOL	8 <i>Fish Sticks (1.5 oz.)</i> <i>French Fries (1/4 cup)</i> <i>Pineapple (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	9 <i>Nachos/Meat/Cheese (1.5 oz.)</i> <i>Mixed Vegetables (1/4 cup)</i> <i>Pears (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	10 <i>Lasagna Casserole (1.5 oz.)</i> <i>Peas (1/4 cup)</i> <i>Mango Chunks (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>
14 <i>Sloppy Joe/Bun (1.5 oz.)</i> <i>Spinach Salad (1/4 cup)</i> <i>Pineapple (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	15 <i>Chicken Nuggets (1.5 oz.)</i> <i>French Fries (1/4 cup)</i> <i>Mandarin Oranges (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	16 <i>Spaghetti/Meat Sauce (1.5 oz.)</i> <i>Green Beans (1/4 cup)</i> <i>Tropical Fruit (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	17 <i>Cheese Ravioli (1.5 oz.)</i> <i>Broccoli (1/4 cup)</i> <i>Oranges (1/2 each)</i> <i>Skim Milk (3/4 cup)</i>
21 <i>Breaded Mozzarella Cheese (1.5 oz.)</i> <i>Spinach Salad (1/4 cup)</i> <i>Pineapple (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	22 <i>Chicken & Noodles (1.5 oz.)</i> <i>Carrots (1/4 cup)</i> <i>Blueberries (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	23 <i>Beef Stroganoff (1.5 oz.)</i> <i>Corn (1/4 cup)</i> <i>Peaches (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	24 <i>Vegetable Beef Soup (1.5 oz.)</i> <i>Tropical Fruit (1/4 cup)</i> <i>Saltine Crackers (11 gm.)</i> <i>Skim Milk (3/4 cup)</i>
28 <i>Macaroni/Cheese/Turkey (1.5 oz.)</i> <i>Peas (1/4 cup)</i> <i>Pears (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	29 <i>Hamburger/Buns (1.5 oz.)</i> <i>French Fries (1/4 cup)</i> <i>Mango Chunks (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	30 <i>Beef Pizza (1.5 oz.)</i> <i>Lettuce Salad (1/4 cup)</i> <i>Mandarin Oranges (1/4 cup)</i> <i>Skim Milk (3/4 cup)</i>	



September 2026 Snack



Monday	Tuesday	Wednesday	Thursday
	1 <i>Cottage Cheese (1/4 cup)</i> <i>Peaches (1/2 cup)</i> <i>Water</i>	2 <i>Bug Bite Crackers (14 gm.)</i> <i>(graham cracker)</i> <i>Skim Milk (1/2 cup)</i>	3 <i>Orange Slices (1/2 cup)</i> <i>Skim Milk (1/2 cup)</i>
7 NO SCHOOL	8 <i>String Cheese (1/2 oz.)</i> <i>Club Cracker (11 gm.)</i> <i>Water</i>	9 <i>Strawberries (1/2 cup)</i> <i>Hard Pretzels (11 gm.)</i> <i>Water</i>	10 <i>Tortilla Chips (14 gm.)</i> <i>Salsa</i> <i>Apple Juice (1/2 cup)</i>
14 <i>Broccoli Florets (1/2 cup)</i> <i>Ranch Dressing</i> <i>Skim Milk (1/2 cup)</i>	15 <i>Cheese-It Crackers (11 gm.)</i> <i>Skim Milk (1/2 cup)</i>	16 <i>Strawberry Yogurt (4 oz.)</i> <i>Banana (1/2 cup)</i> <i>Water</i>	17 <i>Simply Chex (14 gm.)</i> <i>Skim Milk (1/2 cup)</i>
21 <i>Turkey Sandwich (1/2 oz.)</i> <i>Water</i>	22 <i>Mixed Fruit Cup (1/2 cup)</i> <i>Saltine Crackers (11 gm.)</i> <i>Water</i>	23 <i>Breadsticks with Mozzarella (1 each)</i> <i>Marinara Sauce</i> <i>Water</i>	24 <i>English Muffin (14 gm.)</i> <i>Jelly</i> <i>Skim Milk (1/2 cup)</i>
28 <i>Animal Crackers (11 gm.)</i> <i>Applesauce (1/2 cup)</i> <i>Skim Milk (3/4 cup)</i>	29 <i>Hard Cooked Egg (1 each)</i> <i>Saltine Crackers (11 gm.)</i> <i>Water</i>	30 <i>Cauliflower (1/2 cup)</i> <i>Ranch Dressing</i> <i>Skim Milk (1/2 cup)</i>	