

Breakfast K-12

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1	2 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Dutch Waffle Fresh Apple & Diced Pineapple	3 Honey Cheerios w/ Honey Graham Crackers (V) or Turkey Sausage Pancake Griddle Diced Peaches & Grape Juice	4 Whole-Wheat Bagel w/ Cream Cheese or Cinnamon Bun Fresh Apple & Orange Tangerine Juice	5 Reduced Sugar Trix Cereal w/ Chocolate Graham Crackers Diced Peaches & Grape Juice
8 Multi-Grain Cheerios w/ Chocolate Graham Crackers Raisins & Applesauce	9 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Cheesy Biscuit Sandwich Fresh Apple & Diced Pineapple	10 Cinnamon Raisin Bagel w/ Butter or Apple Frudel Diced Peaches & Grape Juice	11 Honey Cheerios w/ Honey Graham Crackers or French Toast w/ Syrup Fresh Apple & Orange Tangerine Juice	12 Cherry Cocoa Bar Fresh Pear & Very Berry Juice
15 Cinnamon Crisp Bar Raisins & Grape Juice	16 Strawberry Banana Yogurt w/ Chocolate Graham Crackers (V) or Turkey Sausage Breakfast Pizza Fresh Apple & Diced Pineapple	17 Reduced Sugar Trix Cereal w/ Chocolate Graham Crackers or Cinnamon Bun Diced Peaches & Grape Juice	18 Whole-Wheat Bagel w/ Cream Cheese or Waffles w/ Syrup Fresh Apple & Orange Tangerine Juice	19 Blueberry Muffin Fresh Orange & Very Berry Juice
22 Banana Muffin Raisins & Applesauce	23 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Apple Frudel Fresh Apple & Diced Pineapple	24 Multi-Grain Frosted Flakes w/ Graham Crackers or Sunrise Breakfast Calzone Diced Peaches & Grape Juice	25 Reduced Sugar Cinnamon Toast Crunch w/ Graham Crackers or Pancakes w/ Syrup Fresh Apple & Orange Tangerine Juice	26 Cinnamon Crisp Bar Raisins & Grape Juice
29 Chocolate Chip Muffin Fresh Pear & Very Berry Juice	30 Strawberry Banana Yogurt w/ Chocolate Graham Crackers or Dutch Waffle Fresh Apple & Diced Pineapple			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.

Lunch K-8

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1	2 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	3 Chicken Enchilada Empanada w/ Baby Carrots & Ranch Dressing or Cheese Ravioli w/ Tomato Sauce & Green Beans (V) Fresh Apple	4 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	5 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
8 Beef Meatballs w/ BBQ Sauce & Club Roll or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	9 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	10 Beef Cheeseburger w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	11 Chicken Caesar Salad w/ Pita Bread and Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	12 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
15 Salisbury Steak w/ Gravy or Egg & Cheese English Muffin Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	16 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Mayo (V) Baked Beans Fresh Pear	17 Spaghetti and Beef Meatballs in Tomato Sauce or Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	18 Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana	19 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Sandwich Fresh Apple
22 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Nuggets w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Apple	23 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	24 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	25 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	26 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
29 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	30 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component
Planned Daily.

Menu is subject to
change.

Vegetarian Meal Options
are indicated with a "V".



This institution is an equal opportunity provider.

Lunch K-8

COLD WEDNESDAYS

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1	2	3	4	5
	Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	Turkey Bologna & Cheese Sandwich or Sunbutter & Jelly Sandwich w/ Cheese stick (V) Baby Carrots w/ Ranch Dressing Fresh Apple	Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Pizza w/ Garden Salad & Ranch Dressing (V) Fresh Apple
8	9	10	11	12
Beef Meatballs w/ BBQ Sauce & Club Roll or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Chickpea Salad Fresh Apple	Chicken Caesar Salad w/ Pita Bread and Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
15	16	17	18	19
Salisbury Steak w/ Gravy or Egg & Cheese English Muffin Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Mayo (V) Baked Beans Fresh Pear	Hero Sandwich or Sunbutter & Jelly Sandwich w/ Cheese Stick (V) Garden Salad & Ranch Dressing Fresh Apple	Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana	Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Sandwich Fresh Apple
22	23	24	25	26
Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Nuggets w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Apple	General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple	Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple
29	30			
Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

**Locally Grown Component
Planned Daily.**

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.

Lunch K-8

COLD FRIDAYS

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1	2 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear	3 Chicken Enchilada Empanada w/ Baby Carrots & Ranch Dressing or Cheese Ravioli w/ Tomato Sauce & Green Beans (V) Fresh Apple	4 Turkey Fajita w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Banana	5 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Sandwich (V) Garden Salad & Ranch Dressing Fresh Apple
8 Beef Meatballs w/ BBQ Sauce & Club Roll or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple	9 Chicken Tenders w/ Ketchup & Roasted Potatoes or Protein Pasta Alfredo w/ Whole Wheat Bread Slice & Peas (V) Fresh Pear	10 Beef Cheeseburger w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Apple	11 Chicken Caesar Salad w/ Pita Bread and Ranch Dressing or Cheese Lasagna in Tomato Sauce w/ Green Beans (V) Fresh Banana	12 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple
15 Salisbury Steak w/ Gravy or Egg & Cheese English Muffin Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple	16 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Mayo (V) Baked Beans Fresh Pear	17 Spaghetti and Beef Meatballs in Tomato Sauce or Home-Style Macaroni & Cheese (V) Broccoli Fresh Apple	18 Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread & Ranch Dressing (V) Fresh Banana	19 Turkey & Cheese Sandwich w / Mayo or Sunbutter & Jelly Sandwich w/ Cheese Stick(V) Baby Carrots w/ Ranch Sandwich Fresh Apple
22 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Nuggets w/ Quinoa Pilaf, Black Beans & Tomatoes Fresh Apple	23 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Fresh Pear	24 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs (V) Roasted Sweet Potatoes Fresh Apple	25 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Fresh Banana	26 Chicken Salad Flatbread or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple
29 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple	30 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Fresh Pear			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component
Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.

Lunch 9-12

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1 	2 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	3 Chicken Enchilada Empanada Baby Carrots w/ Ranch Dressing or Edamame Noodle Bowl (V) Fresh Apple & Raisins	4 Turkey Chili w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Pear & Fresh Banana	5 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Pizza (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins
8 Beef Meatballs w/ BBQ Sauce & Club Roll or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple & Fresh Orange	9 Chicken Tenders & Roasted Potatoes Whole-Wheat Bread slice or Protein Pasta Alfredo w/ Peas (V) Hamburger Bun Diced Peaches & Fresh Pear	10 Beef Cheeseburger w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	12 Chicken Breast Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
15 Salisbury Steak w/ Gravy or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	16 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Ketchup (V) Baked Beans Diced Peaches & Fresh Pear	17 Spaghetti & Beef Meatballs in Tomato Sauce or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana & Fresh Apple	18 Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	19 Turkey & Cheese Sandwich w/ Mayo or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
22 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans, & Tomatoes Fresh Apple & Fresh Orange	23 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	24 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	25 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Diced Pineapple & Fresh Banana	26 Chicken Salad Flatbread or Cheese Pizza (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
29 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	30 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.

Lunch 9-12

COLD FRIDAYS

SEPTEMBER 2025

MON	TUE	WED	THU	FRI
1	2 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear	3 Chicken Enchilada Empanada Baby Carrots w/ Ranch Dressing or Edamame Noodle Bowl (V) Fresh Apple & Raisins	4 Turkey Chili w/ Brown Rice & Carrots or Stuffed Bread Sticks w/ Marinara Sauce & 100% Vegetable Juice (V) Fresh Pear & Fresh Banana	5 Southwest Chicken Salad w/ Corn Muffin & Ranch Dressing or Cheese Sandwich (V) Garden Salad & Ranch Dressing Fresh Apple & Raisins
8 Beef Meatballs w/ BBQ Sauce & Club Roll or Pasta w/ Tomato Sauce & Cheese (V) Broccoli Fresh Apple & Fresh Orange	9 Chicken Tenders & Roasted Potatoes Whole-Wheat Bread slice or Protein Pasta Alfredo w/ Peas (V) Hamburger Bun Diced Peaches & Fresh Pear	10 Beef Cheeseburger w/ Ketchup & Baked Beans or Spanish Rice & Beans w/ Cheese (V) Fresh Banana & Fresh Apple	11 Chicken Caesar Salad w/ Pita Bread & Ranch Dressing or Home-Style Macaroni & Cheese w/ Broccoli (V) Diced Pineapple & Fresh Banana	12 Chicken Breast Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
15 Salisbury Steak w/ Gravy or Egg & Cheese Sandwich w/ Ketchup (V) Roasted Potatoes Fresh Apple & Fresh Orange	16 Turkey Hot Dog w/ Ketchup or Veggie Burger w/ Ketchup (V) Baked Beans Diced Peaches & Fresh Pear	17 Spaghetti & Beef Meatballs in Tomato Sauce or Home-Style Macaroni & Cheese (V) Broccoli Fresh Banana & Fresh Apple	18 Breaded Chicken Sandwich w/ Roasted Sweet Potatoes or Cobb Salad w/ Pita Bread (V) Diced Pineapple & Fresh Banana	19 Turkey & Cheese Sandwich w/ Mayo or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
22 Chicken Nuggets w/ Ketchup & Baked Beans or Falafel Bites w/ Quinoa Pilaf, Black Beans, & Tomatoes Fresh Apple & Fresh Orange	23 General Tso's Chicken w/ Brown Rice or Home-Style Macaroni & Cheese (V) Broccoli Diced Peaches & Fresh Pear	24 Beef Cheeseburger w/ Ketchup or French Toast w/ Scrambled Eggs & Graham Crackers (V) Roasted Sweet Potatoes Fresh Banana & Fresh Apple	25 Butter Chicken w/ Seasoned Rice & Peas or Bean & Cheese Burrito w/ Street Corn (V) Diced Pineapple & Fresh Banana	26 Chicken Salad Flatbread or Cheese Sandwich (V) Baby Carrots w/ Ranch Dressing Fresh Apple & Raisins
29 Meatloaf w/ Gravy & Mashed Potatoes or Cheese Quesadilla w/ Street Corn (V) Fresh Apple & Fresh Orange	30 Turkey Hot Dog w/ Ketchup & Baked Beans or Spanish Rice w/ Beans & Cheese (V) Diced Peaches & Fresh Pear			

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low-fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Locally Grown Component Planned Daily.

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V".



This institution is an equal opportunity provider.