



**September is Whole Grains Month!** Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



## MONDAY

**Labor Day**  
No School!

01

## TUESDAY

**Breakfast:** Cereal Day! w/  
String Cheese or Seeds  
**Lunch:** Chicken Nuggets w/  
Dinner Roll or  
Hummus Bento Box

02

## WEDNESDAY

**Breakfast:** Blueberry Muffin  
**Lunch:** Cheeseburger or  
Impossible Burger

03

## THURSDAY

**Breakfast:** Chocolate  
Crescent  
**Lunch:** Turkey & Cheese Sub  
or Southwest Quinoa  
Salad

04

## FRIDAY

**Breakfast:** Pancake Bites  
**Lunch:** Cheesy Breadstick w/  
Marinara Sauce or Bean  
& Cheese Burrito

05

**Breakfast:** Cereal Day! w/  
String Cheese or Seeds  
**Lunch:** BBQ Chicken  
Drumstick w/ Corn Bread  
or Impossible Nuggets

08

**Breakfast:** Sunrise Muffin Top  
**Lunch:** Chicken Salad w/ Pita  
or Cheese Pizza

09

**Breakfast:** Very Berry Yogurt  
Parfait w/ Granola  
**Lunch:** Chicken Sandwich or  
Bagel Bistro Box

10

**Breakfast:** Berry Scone  
**Lunch:** Chicken Quesadilla or  
Cuban Black Beans &  
Rice

11

**Breakfast:** Maple Waffle  
**Lunch:** Beef Meatballs and  
Garlic Knot or  
Korean Tofu Rice Bowl

12

**Breakfast:** Cereal Day! w/  
String Cheese or Seeds  
**Lunch:** Chicken Nuggets w/  
Dinner Roll or  
Hummus Bento Box

15

**Breakfast:** Blueberry Muffin  
**Lunch:** Cheeseburger or  
Impossible Burger

16

**Breakfast:** Orange  
Creamsicle Smoothie w/  
Graham Crackers  
**Lunch:** Turkey & Cheese Sub  
or Southwest Quinoa Salad

17

**Breakfast:** Chocolate  
Crescent  
**Lunch:** Mandarin Chicken  
Salad or Cheesy Breadstick  
w/ Marinara Sauce

18

**Breakfast:** Pancake Bites  
**Lunch:** Spaghetti and Meat  
Sauce or Bean and  
Cheese Burrito

19

**Breakfast:** Cereal Day! w/  
String Cheese or Seeds  
**Lunch:** BBQ Chicken  
Drumstick w/ Corn Bread  
or Impossible Nuggets

22

**Breakfast:** Sunrise Muffin Top  
**Lunch:** Chicken Salad w/ Pita  
or Cheese Pizza

23

**Breakfast:** Very Berry Yogurt  
Parfait w/ Granola  
**Lunch:** Chicken Sandwich or  
Bagel Bistro Box

24

**Breakfast:** Berry Scone  
**Lunch:** Chicken Quesadilla or  
Cuban Black Beans &  
Rice

25

**Breakfast:** Maple Waffle  
**Lunch:** Beef Meatballs and  
Garlic Knot or Korean  
Tofu Rice Bowl

26

**Breakfast:** Cereal Day! w/  
String Cheese or Seeds  
**Lunch:** Chicken Nuggets w/  
Dinner Roll or Hummus  
Bento Box

29

**Breakfast:** Blueberry Muffin  
**Lunch:** Cheeseburger or  
Impossible Burger

30



Menu items are subject to change.  
Fruits and milk are offered at breakfast daily. Fruits, vegetables, and milk are offered at lunch daily.

“This institution is an equal opportunity provider.”

# SEPTEMBER 2025