



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: Breakfast Taco Crisp-Up
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: Egg and Fiesta Cheese Croissant Sandwich

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: Pancake and Chicken Sausage Sandwich
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: Breakfast Pizza

Lunch: Cheeseburger or Impossible Burger

16

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

17

Breakfast: Breakfast Taco Crisp-Up
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: Egg and Fiesta Cheese Croissant Sandwich

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: Pancake and Chicken Sausage Sandwich
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: Breakfast Pizza

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