



**CenClear
Menu Form - NT - 15**

**Howard, Mt Top, Port
Matilda, Wingate**

Month: August/ September 2026

Calendar Dates: **31** to **4**

Breakfast

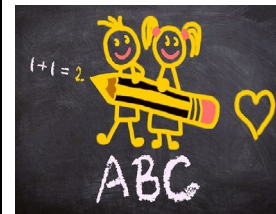
Fluid Milk (3/4 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Fluid Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)
Additional Food (optional)

Snack

Fluid Milk (1/2 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
31 WG Muffin w/ String Cheese Fruit Low Fat Milk	1 WG Oatmeal Benefit Bar Fruit Low Fat Milk	2 WG Pancake Pak Fruit Low Fat Milk	3 WG Cini Mini Fruit Low Fat Milk	4 NO CLASS
Homestyle Chicken Sandwich on WG Bun Corn Baby Carrots Low Fat Milk	Cheeseburger on WG Bun Oven Fries Veggie Low Fat Milk	Chicken Tenders w/ WG Dinner Roll Mixed Veggies Fruit Low Fat Milk	Cheese Pizza California Veggies Fruit Low Fat Milk	NO CLASS
				



**CenClear
Menu Form - NT - 15**

**Howard, Mt Top, Port
Matilda, Wingate**

Month: September 2026

Center

Calendar Dates: 7 to 11

Breakfast

Fluid Milk (*3/4 cup*)
 Fruit, vegetable or 100% fruit.
 juice (*1/2 cup*)
 Bread, cereal, or bread alternate
 (*1/2 slice*) or (*1/3 cup*)
 Additional Food (optional)

Lunch/Supper

Fluid Milk (*3/4 cup*)
 Meat and/or meat alternate
 (*1.5 oz.*)
 Bread and/or bread alternate
 (*1/2 slice*) or (*1/3 cup*)
 Fruit (*1/4 cup*)
 Vegetable (*1/4 cup*)
 Additional Food (*optional*)

Snack

Fluid Milk (*1/2 cup*)
 Fruit, vegetable or 100% fruit.
 juice (*1/2 cup*)
 Bread, cereal, or bread alternate
 (*1/2 slice*) or (*1/3 cup*)
 Meat and/or meat alternate
 (*.5 oz.*)
 (Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
7 HOLIDAY	8 WG Muffin w/ String Cheese Fruit Low Fat Milk	9 Yogurt w/ WG Cinn Grahams Fruit Low Fat Milk	10 WG Breakfast Bread Fruit Low Fat Milk	11 WG Cini Mini Fruit Low Fat Milk
HOLIDAY	WG Pizza Crunchers Peas Fruit Low Fat Milk	TOT Chos Taco Beef & Cheese Corn Fruit Low Fat Milk	Rotini Pasta w/ Meat Sauce & WG Bread Green Beans Fruit Low Fat Milk	Cheese Pizza Broccoli Fruit Low Fat Milk
				



**CenClear
Menu Form - NT - 15**

Howard, Mt Top, Port
Matilda, Wingate

Month: September 2026

Calendar Dates: 14 to 18

Breakfast

Fluid Milk (3/4 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Fluid Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)
Additional Food (optional)

Snack

Fluid Milk (1/2 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
14 WG Muffin w/ String Cheese Fruit Low Fat Milk	15 Yogurt w/ WG Nutri Grain Bar Fruit Low Fat Milk	16 WG Bagel w/ Cream Cheese Fruit Low Fat Milk	17 Cereal w/ WG Crackers Fruit Low Fat Milk	18 WG Cini Mini Fruit Low Fat Milk
Soft WG Taco with Chicken & Cheese. Mixed Veggies Fruit Low Fat Milk	Mini Meatball Sub on WG Roll Potato Smiles Fruit Low Fat Milk	Hot Ham & Cheese on WG Pretzel Roll Baked Beans Fruit Low Fat Milk	Chicken Tenders w/ WG Dinner Roll Macaroni & Cheese Baby Carrots Fruit Low Fat Milk	Cheese Pizza Broccoli Fruit Low Fat Milk
				



CenClear
Menu Form - NT - 15

Howard, Mt Top, Port
Matilda, Wingate

Month: September 2026

Calendar Dates: to

Breakfast

Fluid Milk (3/4 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Additional Food (optional)

Lunch/Supper

Fluid Milk (3/4 cup)
Meat and/or meat alternate
(1.5 oz.)
Bread and/or bread alternate
(1/2 slice) or (1/3 cup)
Fruit (1/4 cup)
Vegetable (1/4 cup)
Additional Food (optional)

Snack

Fluid Milk (1/2 cup)
Fruit, vegetable or 100% fruit.
juice (1/2 cup)
Bread, cereal, or bread alternate
(1/2 slice) or (1/3 cup)
Meat and/or meat alternate
(.5 oz.)
(Any 2 of the 4 components)

Monday	Tuesday	Wednesday	Thursday	Friday
21 WG Muffin w/ String Cheese Fruit Low Fat Milk	22 WG Oatmeal Benefit Bar Fruit Low Fat Milk	23 Sausage & Pancake on a Stick Fruit Low Fat Milk	24 Yogurt w/ WG Cinn Grahams Fruit Low Fat Milk	25 WG Cini Mini Fruit Low Fat Milk
Sweet Teriyaki Chicken & Rice Broccoli Fruit Low Fat Milk	Deli Turkey & Cheese on WG Roll Baked Beans Baby Carrots Fruit Low Fat Milk	Walking Taco Taco Beef Cheese Corn Fruit Low Fat Milk	Pasta & Cheesy Chicken Alfredo Green Beans Fruit Low Fat Milk	Pepperoni Pizza Peas & Carrots Fruit Low Fat Milk



**CenClear
Menu Form - NT - 15**

Howard, Mt Top, Port
Matilda, Wingate

Month: September 2026 October 1-2

Calendar Dates: 28 to 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Fluid Milk (3/4 cup) Fruit, vegetable or 100% fruit. juice (1/2 cup) Bread, cereal, or bread alternate (1/2 slice) or (1/3 cup) Additional Food (optional)	28 WG Muffin w/ String Cheese Fruit Low Fat Milk	29 WG Breakfast Bread Fruit Low Fat Milk	30 WG Bagel w/ Cream Cheese Fruit Low Fat Milk	1 WG Pancake Pak Fruit Low Fat Milk	2 WG Cini Mini Fruit Low Fat Milk
Lunch/Supper Fluid Milk (3/4 cup) Meat and/or meat alternate (1.5 oz.) Bread and/or bread alternate (1/2 slice) or (1/3 cup) Fruit (1/4 cup) Vegetable (1/4 cup) Additional Food (optional)	Chicken & Cheese WG Quesadilla Rice Baby Carrots Fruit Low Fat Milk	Egg & Cheese Breakfast Sandwich on WG Roll Hash Browns Fruit Low Fat Milk	Cheeseburger on WG Bun Tater Tots Fruit Low Fat Milk	Chicken Tenders w/ WG Dinner Roll Corn Fruit Low Fat Milk	Stuff Crust Pizza Carrot Coins Fruit Low Fat Milk
Snack Fluid Milk (1/2 cup) Fruit, vegetable or 100% fruit. juice (1/2 cup) Bread, cereal, or bread alternate (1/2 slice) or (1/3 cup) Meat and/or meat alternate (.5 oz.) (Any 2 of the 4 components)					