



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
	1 Cereal w/ WG Toast Juice Low Fat Milk	2 Sausage Gravy Over WG Biscuit Juice Low Fat Milk	3 Scrambled Egg w/ WG Toast Juice Low Fat Milk	4 Cereal w/ WG Toast Juice Low Fat Milk
	Corn Dogs Sweet Potato Fries Peas Fruit Low Fat Milk	Salisbury Steak w/ Gravy Parsley Potatoes Glazed Carrots WG Roll Fruit Low Fat Milk	KFC Bowl Chicken, Mashed Potatoes Gravy, Corn WG Roll Fruit Low Fat Milk	Stuffed Crust Pizza Veggies & Dip Fruit Low Fat Milk
  	  	  	  	  



Month: September 2026

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)

Center

Monday	Tuesday	Wednesday	Thursday	Friday
7  Labor Day	8 WG Bagel w/ Cream Cheese Juice Low Fat Milk	9 Cheesy Egg Patty w/ Bacon on WG Biscuit Juice Low Fat Milk	10 Breakfast Pizza Juice Low Fat Milk	11 Cereal w/ WG Toast Juice Low Fat Milk
	Chicken Nuggets Tater Tots Broccoli w/ Cheese Fruit Low Fat Milk	Philly Cheesesteak on WG Roll Crinkle Cut Fries Green Beans Fruit Low Fat Milk	Open Faced Hot Turkey Sandwich on WG Bread Mashed Potatoes w/ Gravy Mixed Veggies Fruit Low Fat Milk	WG Homemade Pizza Veggies & Dip Fruit Low Fat Milk
  	  	  	  	  



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 Cereal w/ WG Toast Juice Low Fat Milk	15 WG Pancakes w/ Syrup Juice Low Fat Milk	16 Breakfast Scramble Juice Low Fat Milk	17 Cheesy Egg Patty on WG Croissant Juice Low Fat Milk	18 Cereal w/ WG Toast Juice Low Fat Milk
Hamburger Gravy Over Mashed Potatoes Corn Fruit Low Fat Milk	Chicken Alfredo w/ WG Garlic Knot Broccoli Fruit Low Fat Milk	Meatball Hoagie on WG Roll Smiley Face Fries Green Beans Fruit Low Fat Milk	Chicken Hoagie on WG Roll Onion Rings Mixed Veggies Fruit Low Fat Milk	WG French Bread Pizza Veggies & Dip Fruit Low Fat Milk
  	  	  	  	  



Month: September 2026

Calendar Dates: **21** to **25**

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 Sausage Gravy Over WG Biscuit Juice Low Fat Milk	22 WG Waffles w/ Syrup Juice Low Fat Milk	23 Gogurt & WG Toast Juice Low Fat Milk	24 Apple Frudel Juice Low Fat Milk	25 Cereal w/ WG Toast Juice Low Fat Milk
Italian Sandwich on WG Croissant Potato Wedges Carrots Fruit Low Fat Milk	Spaghetti w/ Meatballs WG Garlic Know Green Beans Fruit Low Fat Milk	Sloppy Jo on WG Bun Baked Potato Peas Fruit Low Fat Milk	Chicken Gravy Over WG Biscuit Mashed Potatoes Corn Fruit Low Fat Milk	WG Stromboli Veggies & Dip Fruit Low Fat Milk
  	  	  	  	  



Month: September 2026

Calendar Dates: 28 to 30	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 Breakfast Burrito Juice Low Fat Milk	29 WG French Toast Stick Juice Low Fat Milk	30 WG Pancakes w/ Syrup Juice 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)	BBQ Rib Sandwich on WG Bun Pierogies Green Beans Fruit Low Fat Milk	Sweet & Sour General Tso's Chicken w/ WG Rice Broccoli Fruit Low Fat Milk	Hot Ham & Cheese on WG Pretzel Roll Chips Veggie & Dips 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)	  	  	  	  	  