



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 WG Mini Chocolate Chip French Toast Fruit Low Fat Milk Lactaid	2 WG Chicken Breakfast Biscuit Fruit Low Fat Milk Lactaid	3 Cereal w/ WG Crackers Fruit Low Fat Milk Lactaid	4 WG Confetti Pancakes Fruit Low Fat Milk Lactaid
	Hot Dog on Bun French Fries Applesauce Low Fat Milk Lactaid	Cheeseburger on WG Bun Green Beans Mandarin Oranges Low Fat Milk Lactaid	Rotini w/ Meat Sauce Mixed Veggies Diced Pears Low Fat Milk Lactaid	General Tso Chicken Bowl Broccoli Sliced Apples Low Fat Milk Lactaid
  	  	  	  	  



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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 US  Labor Day	8 Chocolate Filled Crescent Fruit Low Fat Milk Lactaid	9 Bacon Egg & Cheese on WG English Muffin Fruit Low Fat Milk Lactaid	10 WG Strawberry Pancake Puffs Cinnamon Applesauce Cup Low Fat Milk Lactaid	11 Tony's WG Breakfast Pizza Fruit Low Fat Milk Lactaid
	BBQ Pulled Pork Sandwich on WG Roll Corn Applesauce Low Fat Milk Lactaid	WG French Toast Stick w/ 2 Sausage Patties Tater Tots Mandarin Oranges Low Fat Milk Lactaid	WG Baked Italian Dunkers Carrots Diced Pears Low Fat Milk Lactaid	Popcorn Chicken Buttered Noodles Peas Sliced Apples Low Fat Milk Lactaid
  	  	  	  	  



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 French Toast Sticks Fruit Low Fat Milk Lactaid	15 Chocolate Chip Mini Loaf w/ WG Toast Cinnamon Applesauce Cup Lactaid Low Fat Milk	16 WG Chicken Breakfast Biscuit Fruit Low Fat Milk Lactaid	17 Cereal w/ WG Crackers Fruit Low Fat Milk Lactaid	18 Egg & Cheese Breakfast Pizza Cinnamon Applesauce Cup Low Fat Milk Lactaid
Cheeseburger on WG Bun Mixed Veggies Diced Peaches Low Fat Milk Lactaid	Chicken Patty on WG Bun Mixed Veggies Applesauce Low Fat Milk Lactaid	Turkey & Cheese Slider on WG Roll Vegetarian Beans Mandarin Oranges Low Fat Milk Lactaid	Macaroni & Cheese w/ WG Garlic Toast Green Beans Pineapple Tidbits Low Fat Milk Lactaid	Salisbury Steak & Gravy w/ Buttered Noodles Carrots Sliced Apples Low Fat Milk Lactaid
  	  	  	  	  



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 WG Mini Maple Waffles Fruit Low Fat Milk Lactaid	22 Cereal w/ WG Crackers Fruit Low Fat Milk Lactaid	23 Egg & Cheese WG Biscuit Cinnamon Applesauce Cup Low Fat Milk Lactaid	24 WG Dutch Waffle Fruit Low Fat Milk Lactaid	25 WG Mini French Toast Cinnamon Applesauce Cup Low Fat Milk Lactaid
Beef & Cheese Loaded Fries w/ WG Garlic Bread French Fries Diced Pears Low Fat Milk Lactaid	Ham & Cheese on WG Pretzel Bun Vegetarian Beans Cinnamon Applesauce Low Fat Milk Lactaid	Rotini w/ Meat Sauce Mixed Veggies Diced Pears Low Fat Milk Lactaid	Chicken & Gravy Over WG Biscuit Mashed Potatoes Pineapple Tidbits Low Fat Milk Lactaid	Nacho Minchable Green Beans Sliced Apples Low Fat Milk Lactaid
  	  	  	  	  



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 WG Pancake Wrap Nuggets Fruit Low Fat Milk Lactaid	29 WG Strawberry Cream Cheese Mini Bagels Fruit Low Fat Milk Lactaid	30 WG Chicken Breakfast Biscuit Fruit Low Fat Milk Lactaid		
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)	Beef Nachos w/ Cheese Sauce & WG Bread Peas Diced Pears Low Fat Milk Lactaid	Chicken Patty on WG Bun Corn Applesauce Low Fat Milk Lactaid	Walking Taco w/ Beef, Cheese, Nacho Doritos & WG Bread Black Bean & Corn Salad Diced Peaches Low Fat Milk Lactaid		
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)	  	  	  	  	  