



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 Apple Frudel Banana Low Fat Milk	2 Bacon, Egg & Cheese on WG Bagel Pineapple Tidbits Low Fat Milk	3 WG Dutch Waffle Apple Low Fat Milk	4 NO CLASS
	Macaroni & Cheese w/ WG Garlic Toast Honey Glazed Carrots Diced Peaches Low Fat Milk	WG Italian Panini Corn Apple Slices Low Fat Milk	Popcorn Chicken Bowl w/ WG Bread Green Beans Tropical Fruit Salad Low Fat Milk	NO CLASS
  	  	  	  	  



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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 WG Mini Cinnamon Waffles Orange Low Fat Milk	9 Cheddar Cheese Omelet Diced Pears Low Fat Milk	10 WG Mini Cinis Grapes Low Fat Milk	11 Assorted WG Benefit Bars Raisins Low Fat Milk
	Chicken w/ Gravy & WG Biscuit Mashed Potato Bowl Pineapple Tidbits Low Fat Milk	Lasagna Roll Ups w/ WG garlic Toast Cauliflower Mixed Fruit Low Fat Milk	Walking Taco Tater Tots Diced Peaches Low Fat Milk	Pepperoni Pizza Carrots Cinnamon Apple Slices 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 Sausage, Egg & Cheese WG Sandwich Apple Slices Low Fat Milk	15 WG Mini French Toast Fruit-Low Fat Milk	16 WG Waffles Diced Peaches Low Fat Milk	17 Assorted Mini Loaf w/ WG Jungle Crackers Fruit-Low Fat Milk	18 Egg & Cheese WG Bagel Fruit-Low Fat Milk
Meatball & mashed Potato Bowl w/ WG Garlic Toast Tropical Fruit Salad Low Fat Milk	Chicken Nuggets w/ WG Bread Broccoli Mandarin Oranges Low Fat Milk	Cheese Ravioli w/ WG Garlic Bread Stick Corn Diced Pears Low Fat Milk	Beef & Cheese Hard Tacos w/ WG Bread Peas Pineapple Tidbits Low Fat Milk	Ham & Cheese on WG Pretzel Bun French Fries Mixed 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 Scrambled Eggs Tater Tots Applesauce Low Fat Milk	22 Apple Frudel Banana Low Fat Milk	23 Fill in:	24 Fill in:	25 Fill in:
French Toast Sticks w/ 2 Sausage Patties Tater Tots Applesauce Low Fat Milk	Chicken Patty Sandwich on WG Bun Mixed Veggies Banana Low Fat Milk	Chicken w/ Gravy & WG Biscuit Mashed Potato Bowl Pineapple Tidbits Low Fat Milk	WG Chicken Quesadilla Roasted Carrots Apple Low Fat Milk	Cheese Pizza Green Beans Mandarin Oranges 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 Fill in:	29 Fill in:	30 Fill in:		
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 Tenders & WG Waffle Broccoli Orange Low Fat Milk	Cheese Tortellini w/ Alfredo Sauce WG Garlic Stick Cauliflower Cinnamon Applesauce Low Fat Milk	Chicken Nuggets w/ WG Bread Green Beans Diced Pears 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)	  	  	  	  	  