



September 2026

Serving Sizes are as follows:

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K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¾ cup, Fruit ½ cup, Low Fat or 1% unflavored

or flavored milk 8oz

9th – 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
August 31 EARLY DISMISSAL	September 1 EARLY DISMISSAL	September 2 Turkey Hot Dog on WG Bun Potatoes Fruit Milk	September 3 Beef BBQ Rib WG Dinner Roll Corn Fruit Milk “National BBQ Ribs Day”	September 4 WG French Bread Pizza Carrot Sticks w/ Ranch Fruit Milk
September 7 SCHOOL HOLIDAY	September 8 WG Chicken Tenders Carrots Ketchup Fruit Milk	September 9 Turkey Sausage French Toast Sticks Potatoes Fruit Milk	September 10 Hamburger w/ American Cheese WG Bun Cooked Broccoli Fruit Milk	September 11 WG Pizza Sticks Marinara Sauce Garden Salad w/ Italian Dressing Fruit Milk
September 14 Egg & Cheese Omelet Breakfast Potatoes English Muffin w/ Grape Spread Fruit Milk	September 15 Grilled Chicken Buttered Noodles Green Beans Fruit Milk	September 16 Turkey & Cheese Sandwich Garden Salad w/ Italian Dressing Fruit Milk	September 17 Macaroni & Cheese Cooked Broccoli Fruit Milk	September 18 WG Pizza Sticks Marinara Sauce Baby Carrots w/ Ranch Fruit Milk
September 21 Beef Stroganoff w/ WG Pasta Carrots Ranch Fruit Milk “National Stroganoff Day”	September 22 Walking Turkey Taco w/ Cheddar Cheese WG Tortilla Chips Corn Fruit Milk	September 23 WG Mozzarella Sticks w/ Marinara Sauce Garden Salad w/ Ranch Fruit Milk	September 24 WG Popcorn Chicken Mashed Potatoes Ketchup Fruit Milk	September 25 French Bread Pizza Baby Carrots w/ Ranch Fruit Milk
September 28 Meatball Hoagie w/ Mozzarella Cheese WG Hotdog Bun Mixed Vegetables Fruit Milk	September 29 Turkey BBQ WG Bun Potatoes Fruit Milk	September 30 Turkey Ham & Cheese Sandwich on WG Bun Tomato & Cucumber Salad Fruit Milk	October 1 American Chop Suey WG Pasta w/ Tomatoes and Ground Turkey Mixed Vegetables Fruit Milk	October 2 EARLY DISMISSAL

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****