

SEPTEMBER 2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1) Crispy Chicken Tenders Roasted Baby Potatoes Tomato & Cucumber Salad 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	2 1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	3 1) Saucy Lasagna Roll Ups (V) Roasted Zucchini & Dinner Roll 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	4 No School Labor Day Recess
7 No School Labor Day	8 1) Muchos Nachos (V) Tortilla Chips with Seasoned Beef 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	9 1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	10 1) Marvelous Mac N' Cheese with Peas (V) & Dinner Roll 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	11 1) Cheese Omelet (V) Sausage, Hashbrown Potatoes Apple Cinnamon Muffin 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
14 1) Chicken & Cheese Quesadilla Mexican Rice Tomato, Corn & Black Bean Salad 2) Sunbutter & Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)	15 1) BBQ Chicken Sandwich, Mashed Sweet Potatoes Three Bean Salad 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	16 1) Tony's Individual Pizza! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	17 1) Chicken Parm or Eggplant Parm with Pasta (V) Garlicky Broccoli & Bread Stick 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	18 1) "Fish & Chips" Fish Sticks with Fries & Cole Slaw 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
21 No School Rosh Hashanah	22 1) Hamburger, Cheeseburger, Veggie Burger (V) & French Fries 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	23 1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)	24 1) "Sticks & Stones" (V) Mozzarella Sticks & Saucy Meatballs 2) Hummus Fun Lunch (V) 3) Cheese Croissant Sandwich (V)	25 1) Buttermilk Pancakes (V) Sausage, Real Maple Syrup Warm Apple Crisp 2) Cheese Pretzel Roll Sandwich (V) 3) Turkey & Cheese Sandwich
28 1) Grilled Cheese Sandwich Tomato Soup (V) 2) Sunbutter & Jelly Sandwich (V) 3) Zee Zee Fun Lunch (V)	29 1) Chicken Taco & Spanish Rice (V) 2) Ham & Cheese Sandwich 3) Bagel Fun Lunch (V)	30 1) Pizza Day! (V) 2) Sunbutter, Chocolate Hummus & Banana Sandwich (V) 3) Muffin Fun Lunch (V)		

- V is or can be made vegetarian.
- Assorted sandwiches, entrée salads and grab-and-go meals are available daily, including vegetarian options.
- All meals are offered with milk, 100% fruit juice, fresh fruit and vegetables.
- Menu subject to change without notice.
- If you have a food allergy, please contact the Nutrition Services department before purchasing a meal.
- Each student is entitled to one free breakfast and one free lunch each school day.
- This institution is an Equal Opportunity Employer.

For a translated version of this menu, visit ashland.k12.ma.us/Nutrition or scan the QR code.



Comments or concerns? Contact the Nutrition Services department at 508-881-0165.