

SEPTEMBER 2026

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crispy Chicken Tenders Roasted Baby Potatoes Tomato, Cucumber & Feta Salad	2 Pizza Party! (V) Caesar Salad	3 Saucy Lasagna Roll Ups (V) Roasted Zucchini Dinner Roll	4 No School Labor Day
7 No School Labor Day	8 Muchos Nachos (V) Tortilla Chips with Seasoned Beef Cheese, Lettuce & Salsa Refried Beans	9 Pizza Party! (V) Caesar Salad	10 Marvelous Mac N' Cheese with Peas (V) Dinner Roll	11 Cheese Omelet (V) Sausage, Hashbrown Potatoes Apple Cinnamon Muffin
14 Pork Carnitas on a Soft Tortilla (V) Onions & Peppers Mexican Rice Tomato, Corn & Black Bean Fiesta Salad	15 BBQ Chicken Sandwich Mashed Sweet Potatoes Three Bean Salad	16 Tony's Individual Pizza (V) Caesar Salad	17 Chicken Parm or Eggplant Parm with Pasta (V) Garlicky Broccoli Bread Stick	18 "Fish & Chips" Fish Sticks with Fries Cole Slaw
21 No School Rosh Hashanah	22 Hamburger, Cheeseburger, Veggie Burger (V) Tomato, Basil & Mozzarella Salad French Fries	23 Pizza Party! (V) Caesar Salad	24 "Sticks & Stones" Mozzarella Sticks & Saucy Meatballs (V) Veggie Pasta Salad	25 Buttermilk Pancakes (V) Sausage, Real Maple Syrup Warm Apple Crisp
28 Grilled Cheese (V) Tomato Soup	29 Chicken Taco Crunchy Kale Slaw Spanish Rice Fresh Pico de Gallo	30 Pizza Party! (V) Caesar Salad		

- 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.