



September 2026

Lunch Menu

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

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

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

